

Curriculum Intent

At Southwold, we believe PE is a fundamental part of the curriculum. We deliver high quality, fun and engaging Physical Education lessons to champion our pupil's successes to allow them to lead a healthy and active life. We aim to allow our pupils to develop competence and confidence in a physical, mental and social skills to support their health, well-being and fitness. Therefore, we believe that our children should be physically active every day, whether through daily physical activity, PE lessons, lunchtime or extra-curricular activities. We provide all children with that opportunity to compete in sport and other activities that build character and help to embed our school values such as teamwork, resilience and respect.



Curriculum Impact

On leaving Southwold, pupils will have:

- The ability to acquire new skills, knowledge and understanding to perform in a range of physical activities with confidence and competence.
- A positive understanding and attitudes towards participation in physical activity and leading a healthy lifestyle.
- The ability to swim at least 25 metres before the end of Year 6 and a knowledge of how to remain safe in and around water.
- An exceptional level of creativity and imagination in their techniques, tactics and analysis to improve their own and others performance.

#EveryoneALearner



At Southwold Primary and Nursery School, everyone is a learner.....



What will you find in the **Physical Education (PE)** box of treasures?

Curriculum Implementation

The teaching and implementation of the Physical Education curriculum at Southwold is taught by class teachers. All children have an equal opportunity to take part in a range of physical activities and sports in a supportive environment, where every success is celebrated. We teach the National Curriculum, supported by a clear set of skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. At Southwold, the PE curriculum is structured to provide children a range of opportunities to develop skills and knowledge through a variety of different physical activities and sports. Our children will gain experience of a variety of fundamental skills, focusing on agility, balance and co-ordination. These skills are developed through individual and team challenges, competitive sport and everyday fitness activities. During EYFS, children will explore ways their body moves looking into how to confidently move and learn how to take on basic physical challenges. KS1 children will then develop their confidence and competence to complete skills, with KS2 children building upon them further and using them in combination to compete in various sporting activities. During KS2, children will also participate in a series of structured swimming lessons.

The 6 Principles of Teaching and Learning:

Challenge

Explanation

Modelling

Practice

Questioning

Feedback

