

Physical Education at Southwold School

At Southwold Primary and Nursery School, we believe that P.E. is a fundamental part of our curriculum. We believe that through the teaching of sport, pupils can thrive and excel in physically-demanding activities which will enable them to become confident in a way which supports their health and fitness throughout their lives. Therefore, we believe that our children should be physically active every day, whether through Daily Physical Activity, P.E. lessons, lunchtimes or extra-curricular activities. We provide all children with the opportunity to compete in sport and other activities that build character and help to embed our school values such as team-work, resilience and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Swimming and water safety

At Southwold, all KS2 pupils are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Year Group	Topics 2018-2019
Reception	
Year 1	Gymnastics, throwing and catching, dance, agility and coordination.
Year 2	Multi-skills (Coordination), Dance (agility), Gymnastics (Balance), Games (sending, receiving, throwing, catching and kicking), team games and athletics
Year 3	Swimming, Gymnastics, Dance, Athletics
Year 4	Swimming, Gymnastics, Dance, Athletics
Year 5	Swimming, Gymnastics, Dance, Rugby, Hockey, Cricket, Athletics
Year 6	Swimming, Gymnastics, Dance, Tennis, Rugby, Hockey and Athletics