



Sandfield Close Primary School – Physical Education (PE)

Vision Statement:

At Sandfield Close Primary School, we want PE to be fun, enjoyable and accessible for everyone. Thanks to partnerships with groups like Leicester City Football Club, Leicester Tigers Community Team, Inspire Together, plus specialised coaches in badminton and hockey, we offer diverse and exciting experiences. We're committed to nurturing a lifelong love for sports through inter-school events, festivals and developing sports leaders.

Following the Head-Hands-Heart model, we focus on overall growth, ensuring that PE isn't just about learning skills and their physical health but also about developing their social, mental and emotional wellbeing. It's more than just playing the game; it's about developing values such as building teamwork, sportsmanship, respect and kindness that make our children better individuals and team players both on and off the pitch.

Our Gold School Games Mark shows we're dedicated and committed to striving to teach quality PE. At Sandfield Close Primary School, we aim to teach fundamental movement and foundational sporting skills and ignite a passion for physical activity so our children can succeed in sports and lead active lives beyond our school.

National Curriculum Aims:

The national curriculum for PE 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.

Curriculum Content:

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.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

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.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and Water Safety:

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be 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.

Curriculum Overview:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sunshine Room <small>This curriculum overview is generalised. All areas are adjusted and differentiated in accordance to the children's individual needs. Please see children's ILPs for specific targets and outcomes.</small>	Wednesdays Body Management Gymnastics	Wednesdays Body Management Dance	Fridays Speed Agility Travel Cooperation and solve problems	Wednesdays Speed Agility Travel Cooperation and solve problems	Wednesdays Manipulation & Coordination Gymnastics	Wednesdays Dance Manipulation & Coordination
Reception	Wednesdays AM Body Management Unit 1 Gymnastics Unit 1	Wednesdays AM Body Management Unit 2 Dance Unit 1	Wednesdays AM Manipulation & Coordination Unit 1 Gymnastics Unit 2	Wednesdays AM Dance Unit 2 Manipulation & Coordination Unit 2	Wednesdays AM Speed Agility Travel Unit 1 Cooperate and solve problems Unit 1	Fridays LCFC Coach/ Speed Agility Travel Unit 2 Cooperate and solve problems Unit 2
Year 1	Tuesdays KS1 Foundation unit Gymnastics Unit 1	Tuesdays Send & Return Unit 1 Attack, defend & shoot Unit 1	Tuesdays OAA Unit 1 Dance Unit 1	Tuesdays Send and return Unit 2 Gymnastics Unit 2	Wednesday PM Hit catch run Unit 1 Run Jump Throw Unit 1	Fridays Run Jump Throw Unit 2 LCFC Coach (A.D, S Unit 2)
Year 2	Thursdays Gymnastic Unit 1 Send & Return Unit 1	Fridays Dance Unit 1 LCFC Coach (A.D, S)	Tuesdays KS1 Fitness unit 1 Send and return Unit 2	Thursdays Gymnastic Unit 2 OAA Unit 1	Thursdays Attack, defend & shoot Unit 2 Run, Jump & Throw Unit 1	Tuesdays Hit, Catch & Throw Unit 1 Run, Jump & Throw Unit 2
Year 3	Wednesdays KS2 Foundation unit Tag Rugby Unit 1	Fridays LCFC Coach (Football Unit 1) Dance unit 2	Wednesdays Hockey unit 1 Gymnastics unit 2	Day TBC Basketball Unit 1 Badminton (Greg)	Mondays Athletics unit 1 OAA Unit 1	Day TBC Lacrosse Unit 1 Cricket (chance to shine)
Year 4	Mondays Badminton (Greg) Netball Unit 1	Mondays Badminton (Greg) Hockey unit 1	Fridays Gymnastic Unit 1 Tag Rugby Unit 1	Fridays Dance unit 1 LCFC Coach (Football Unit 1)	Tuesdays Athletics unit KS2 Fitness unit	Thursdays PM Rounders unit 1 Lacrosse unit 1
Year 5	Fridays Swimming (Thurs) LCFC Coach (Football Unit 1)	Wednesdays Swimming (Thurs) Basketball unit 1	Mondays Swimming (Thurs) Badminton (Greg)	Mondays Swimming (Thurs) Gymnastics unit 1	Fridays Swimming (Thurs) LCFC Coach Athletics Unit 1	Day TBC Swimming (Thurs) Cricket (chance to shine)
Year 6	Fridays Tag Rugby unit 1 LCFC Coach (Football Unit 1)	Thursdays Gymnastics unit 1 Netball unit 1	Thursdays KS2 Fitness unit 2 Dance unit 1	Day TBC OAA unit 1 Badminton (Greg)	Fridays LCFC Coach Athletics unit 1 Hockey unit 1	Thursdays PM Rounders unit 1 Lacrosse unit 1

