



## Physical Education

Lead

Daniel Adamson

### Curriculum Intent

At Bentley High Street we believe the subject of Physical Education aims to provide numerous opportunities for every pupil to develop the skills, knowledge, and confidence necessary to lead a physically active lifestyle. We believe that a high-quality Physical Education programme in school promotes an active lifestyle and improved health and motor skill development which will have a long-lasting impact on pupils' lives way beyond their time spent at school and into adulthood. There is research to suggest that being developing an active healthy lifestyle improves cognitive performance which has a direct impact on their academic attainment for pupils across many subjects taught at school.

At Bentley High Street we feel that, by helping our children to develop a healthy active lifestyle through good quality physical lessons, we are helping the pupils to develop important life skills such as developing essential teamwork skills, target setting and working towards future goals and ambitions. High quality lessons will help to raise pupil's self-esteem and will encourage our pupils to be dedicated and resilient individuals. Improving our pupil's confidence and motivation which should have an impact on the progress the children make across the curriculum.

At Bentley High Street, our children benefit from a progressive curriculum which the meets the demands of the National Curriculum, building from EYFS and increasing in complexity right through to year 6. Our curriculum aims to provide opportunities for children to:

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

Knowledge within the curriculum is divided into three specific domains. These domains of learning can be categorised as: motor competence; rules, strategies and tactics and healthy participation.

Within each of these sections, we consider declarative knowledge and procedural knowledge.

The PE curriculum is purposefully designed to support children to think like a sports person by developing disciplinary knowledge. They are able to apply tactics for attacking and defending. Our curriculum is designed with diversity in mind, allowing every child the chance to progress. Furthermore, it has in-built opportunities for SEN children to be supported and succeed.



Children are also given the opportunity to swim in KS2 and to learn about water safety.

## Curriculum Implementation

### Subject Content and Organisation Across School

Children have regular opportunities to engage in the PE curriculum and provides regular opportunities for children to be active. This also provides opportunities for children to be exposed to a wide range of skills and sports and the regular PE exposure and reviewing of skills and knowledge allows for children to achieve greater depth and understanding in their learning.

We use the 'Your PE' scheme of work that was designed by a group of expert physical education specialists to ensure a consistent approach. As part of this approach, teachers are able to access a purpose-built online assessment tool to record and track the progress of each child. Units within the scheme are designed to build upon prior learning from previous years and knowledge is revisited regularly to help develop memory.

The curriculum is sequenced so that children build on knowledge year on year by applying the same tactics of the different areas of sports to different sports.