

## Intent

At Brindishe Schools we know that being fit and healthy is essential for general well-being and therefore affects learning across the curriculum. The intention of our PE curriculum is that children are taught to develop different sport skills in a way that is enjoyable and accessible to all. We want to promote a love of movement and for children to understand the importance of looking after their health. We want to provide all children with opportunities to take part in some form of competition.

The essential skills are taught explicitly during twice weekly PE lessons as well as providing opportunities at break times and links to other areas of the curriculum.

## Implementation

Our PE curriculum has been designed to progressively develop children's skills. This allows the children to acquire new skills and then use and apply them in a range of different scenarios and performances.

At Brindishe Schools, children begin learning different skills through invasion games, gymnastics, dance and athletics. They create their own movement sequences, game plays and they also develop their evaluation skills.

The curriculum progressively builds the children's skills in each area of learning and ensures that they are not repeated but, instead, are built on each year. Throughout their learning, an element of competition is threaded throughout.

In Early Years, the focus is on the fundamental skills of balancing, changing direction and spatial awareness. The outdoor learning areas incorporate these activities daily as well as opportunities to practise throwing, catching and kicking.

In KS1, children continue to focus on the fundamental skills and begin to develop these skills with increased control and accuracy e.g. an underarm throw in games and forward/backward rolls in gymnastics.

In KS2, children continue to develop and refine new skills such as dribbling, passing, more complex turns and balances (cartwheels, partner balances). As they progress through KS2, they learn to select and combine their skills, techniques and ideas and begin to apply skills accurately and appropriately whether in a game situation or performing in gymnastics or dance