



# P.E.



## at South Kirkby Academy

At South Kirkby Academy, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at SKA, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

**Implementation:** In their weekly PE lessons, teachers follow the sequence of lessons for a particular unit. Each lesson incorporates a warm up, key skills practice, development of skills, a game situation or a choreographed element and a cool down. Each lesson builds on the previous one and gives the children an opportunity to recover the skills learnt. During the session, there is access to images, videos and music that are linked to each lesson. Teachers ask for children to model good practice. There are opportunities for children to work individually, with a partner or in a group throughout each lesson.

**Impact:** We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

**By the time they leave South Kirkby Academy in Year 6, we expect the vast majority of our children to:**

- Choose the correct pace for the specific event and attempt to improve performance.
- Begin to show control in throwing and jumping and attempt an analysis of their performance.
- Compose creative sequences with more imagination. These sequences start to show strength and stamina.
- Perform high energy or graceful sequences that are expressive and hold their body posture.
- Explore different tactics, develop experience in defending and attacking and are able to identify their strengths and weaknesses.
- Show accuracy when striking, passing, catching or fielding a ball over short distances.
- Pupils are able to embrace leadership and understand team roles.
- Perform safe self-rescue in different water-based situations
- 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



# The Journey of PE at

