



- **National Curriculum Objectives:**

- **Key Stage 1:**

- Pupils develop their fundamental movement skills focusing on improving their balance, agility and coordination through individual tasks and while working with others. Children should be able to engage and co-operate with others while competing in challenging physical activities.
- Pupil 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 continue to develop their movement through a wider range of skills. Children will learn how to link skills in order to create a sequence of movements. They should compete, co-operate and communicate with others in competitive activities, while evaluating their own performances.
- Pupil 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:**

- Key stage 2 children will attend termly swimming lessons developing their confidence in water.
- 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.

- Dance will be taught to each class during a whole school dance festival.

At Bilston CE Primary School we believe that Physical Education develops pupils' physical competence, and their ability to use these in a range of activities. It promotes physical skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative,

competitive and to face up to different challenges as individuals and in groups and teams. It promotes positive attitudes towards active and healthy lifestyles. They learn how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through this process, pupils discover their attitudes, abilities and preferences, and make choices about how to get involved in lifelong activity.

PE Curriculum at Bilston CE:

School Curriculum Plan – 2022-23							
Year	Teacher's Name	Autumn - 1	Autumn - 2	Spring - 1	Spring - 2	Summer - 1	Summer - 2
R		Cool Kids /Fundamentals (Parachute Games)	Multi-skill Cards Agility, Balance & Co-ordination	Invasion Active Play & Top Play Cards Co-ordination	Striking & Fielding Active Play & Top Play Cards	Net/Wall Games Sending/Receiving Skills Active Play & Top Play Cards	Athletics UK Athletics
					Games Core Activities 3	Games Core Activities 1 & 2	
1		Multi-skill Cards Agility, Balance & Co-ordination Inter School Competition	Invasion Games Active Play & Top Play Cards Games Core Activities 4	Gymnastics YST Matalan Cards	Net/Wall Games Dodgeball Active Play & Top Play Cards	Striking & Fielding Active Play & Top Play Cards	Athletics UK Athletics
					Games Core Activities 1, 2, 5 & 6	Core Activities 3 & 7	Core Activities 1, 2, 3, 4, & 5
2		Multi-skill Cards Agility, Balance & Co-ordination Inter School Competition	Invasion Games Active Play & Top Play Cards Core Activities 1 & 2	Gymnastics YST Matalan Cards	Net/Wall Games AEGON – Schools Tennis	Striking & Fielding Active Play & Top Play Cards	Athletics UK Athletics
					Core Activities 1, 2, 3 & 4	Core Activities 1, 2 & 3	Core Activities 3, 4, 5, 6 & 7
3		Outdoor & Adventure Top Outdoors Core Activities 3, 4 & 5	Invasion Games Quicksticks Hockey Quicksticks curriculum Core Activities 1, 2, 3, 4 & 5	Gymnastics YST – Matalan Cards	Striking & Fielding Archery Matalan Top Cards	Net/Wall Games Dodgeball Matalan Top Cards	Athletics Matalan Top Cards & UK Athletics
					Core Activities 1, 2, 3, 4	Core Activities 1, 2, 3, 4, 5 & 6	Core Activities 6, 7, 8 & 9
4		Outdoor & Adventure Top Outdoors Core Activities 4,5 & 6	Invasion Games High 5 Netball Matalan Top Cards Core Activities 8, 9, 10 & 11	Gymnastics YST – Matalan Cards	Striking & Fielding Tri - Golf Matalan Top Cards	Net/Wall Games Tennis AEGON – Schools Tennis	Athletics Matalan Top Cards & UK Athletics
					Core Activities 2, 3, 4 & 5	Core Activities 4, 5, 6, 7 & 8	Core Activities 7, 8, 9 & 10
					Inter School Competition		
5		Outdoor & Adventure	Invasion Games	Gymnastics	Net/Wall Games	Striking & Fielding	Athletics

		Top Outdoors Core Activities 6,7,8,9	Tag Rugby Matalan Top Cards Core Activities 8, 9, 10 & 11	YST – Matalan Cards	Volleyball Matalan Top Cards Core Activities 5, 6, 7, 8 & 9	Matalan Top Cards Cricket Core Activities 4, 5 & 6	Matalan Top Cards & UK Athletics Run, Jump, Throw Core Activities 8, 9 & 10
6		Outdoor & Adventure Top Outdoors Core Activities 8, 9 & 10	Invasion Games Ultimate Frisbee Matalan cards School assessment using core activities 10,11, 12 & 13	Gymnastics YST – Matalan Cards	Net/Wall Games Badminton Primary Badminton Core Activities 8, 9, 10 & 11	Striking & Fielding Matalan Top Cards Rounders Core Activities 4, 5, 6 & 7	Athletics Matalan Top Cards & UK Athletics Core Activities 9, 10, 11, 12 & 13

Children experience a diverse curriculum at Bilston CE and cover a wide range of knowledge and skills. These skills are developed through a variety of topics and sports. We also offer a diverse range of extra-curricular sports clubs for children across the school.

Assessment:

PE is assessed through our own assessment tracker. Teachers will evaluate the performance and knowledge gained by each student to formulate an overall judgement. Results are shared with class teachers at the end of each topic.

WASPS:

We aim to continue our participation in a wide range of sports through WASPS (Wolverhampton Association for Sport in Primary Schools). Several members of Bilston CE staff are a part of the WASPS team and share many networks across Wolverhampton in an aim to benefit our children. Through WASPS, we are able to liaise with local sports clubs that attend the sporting competitions. Through these sports clubs, we intend to encourage our children who excel in sports to attend so that they can fulfil their potential. Children working at a greater depth in PE are encouraged to further their skill set in curriculum time and while representing the school. Children who enjoy being active are also encouraged to participate in unified events to allow opportunities for many children to represent their school.

Role of Community Sport and Health Officer:

Our CSHO (Lewis Franks) has worked closely with targeted children to improve their activity levels and fitness. Children generally make progress over a 6 week period focusing on selected skills. Lewis also helps children with their social, emotional and mental health during active sessions. The children have enjoyed participating in these activities and have become more active as a result.

