



Latimer Primary School

PE

Curriculum

Developing Responsibility; Caring About Achievement

Physical Education at Latimer

PE Curriculum

At Latimer, we aim to instil in our children a love for physical activity and sports regardless of ability. Our PE curriculum is designed to build the fundamental knowledge needed for movement and achievement in sports, as well as knowledge of the rules, strategies, tactics, and confidence in participating in physical activity.

Our PE curriculum teaches our children the British Values of Respect and Tolerance and the Rule of Law. It builds upon our ethos of **‘Developing Responsibility, Caring About Achievement’** and our **‘Simple Truths’**.



Through the PE curriculum and opportunities for wider movement and participation, we aim to help our children better understand how to live healthy lifestyles and make healthy choices—ensuring healthy minds and bodies in order to support our children's well-being.

Designing our Curriculum



At Latimer, we have adopted the **‘GETSET4PE’** scheme of work to provide a clearly structured learning sequence across various activities and sports. Our lessons are delivered by both class teachers and highly skilled sports coaches. The sports coaches employed are some of the best in the area and support out-of-school activity.

Every Physical Education lesson allows all children to develop their physical and mental skills while participating in a wide range of sports topic areas. At the core of our offer is the development of fundamental movement skills (SAQ, Gymnastics, and Dance). Children build upon these fundamental skills they progress each year along their Physical Education journey. This is echoed through an extensive program of extracurricular sports, enabling children to participate in competitive and noncompetitive sports outside of their Physical Education lessons.

Children in Years 5 and 6 also get to have swimming lessons to build their confidence and competence in the water.

The curriculum has been organised to provide the opportunity to develop fundamental movement, fitness, and individual and team activities. Each area of learning on our curriculum map allows the children to learn the basics of the three pillars of physical education and develop depth of skill across the year groups.

Motor Competence	Rules strategies and tactics- the rule of law British Values.	Healthy Participation.
<ul style="list-style-type: none"> - The motor skills of sitting, standing, walking, running, and jumping - How to hold a tennis racket or hockey stick. 	<ul style="list-style-type: none"> - The rules of games such as Netball, tennis, hockey, rounders - What the rule or tactic is called. When they may use it. 	<ul style="list-style-type: none"> - Building fitness skills and confidence to enable participation. - Supporting the development of individual motivation and team working skills.

There are clear progression maps for each learning area, which enables children to develop substantive knowledge (the knowledge of areas such as healthy living, sports, and games) and disciplinary knowledge (the knowledge of how).

Substantive Knowledge- To know 'what' and know 'how'	Disciplinary Knowledge
<p>Knowing why we do things such as warm up and cool down.</p> <p>Factual knowledge concerning how movement, rules, tactics, strategies, health, and participation are linked to the content taught, e.g., how to outwit an opponent, position your feet for a throw-in;</p>	<p>Using the knowledge of what and how to perform. For example, using the knowledge of a netball tactic to outwit your opponent or how to hold a tennis racket effectively to hit a shot.</p>

Children receive at least 2 hours of PE per week, which aligns with the national curriculum's expectations. They also have lots of opportunities for physical activity and the development of physical literacy throughout the week.

Formative assessment is continuously used in PE to identify misconceptions and errors and support children in improving their skills. High-quality modelling and scaffolding are essential to the teaching of PE, giving children lots of opportunities to learn from each other and adults.

SEND

For children who may find traditional subjects challenging, PE can often provide an opportunity for success; for those children who do have barriers to accessing PE, the following provide some suggestions;

- In a game activity, a pupil with SEND might benefit from a larger, lighter or different coloured ball to help them complete an accurate movement.
- Teachers may need to adapt to rules, such as allowing a pupil with movement restrictions of 5 seconds to receive and play the ball.
- A pupil who requires a wheelchair for mobility can use the chair as an extension of their body to use the space and explore different directions and speeds to demonstrate their procedural knowledge in dance.

The GetSet4PE scheme of work suggests adaptations for pupils with SEND within the lesson plans.

SCHOOL SPORTS AND PHYSICAL ACTIVITY

In addition to building the skills and knowledge needed for healthy participation, we also provide many opportunities to participate in inter-school competitions or out-of-school activities and to move physically throughout the school day.

Our playleaders lead our 'active lunchtimes', and there are regular opportunities for games in the school 'Muga' and sessions led by 'Commando-Dale'.

We regularly have visitors from inspirational teams, such as Leicester City, Leicester Tigers, and the Riders basketball team, who provide additional lessons for our children. We also participate in inter-school tennis, football, and cross-country games.

We provide out-of-school clubs such as dance, cross country, football, gymnastics, and judo.



Spiritual, Moral, Social & Cultural (SMSC) Development in Computing

Spiritual

- P.E. supports spiritual development by increasing their knowledge and understanding of the body's performance when exercising; this leaves pupils amazed at the body's ability.
- Through Dance and sports such as Gymnastics pupils are being creative, expressing feelings and emotions in their performances. Allowing pupils reflection time to evaluate their experiences allows them to build a positive mindset and promotes progression. Pupils will also see a sense of awe and wonder when observing elite performance from professional athletes and their peers.

Moral

- P.E. supports moral development by encouraging children to live a healthy lifestyle and promoting healthy living.
- Pupils develop the ability to distinguish between right and wrong through fair play in sporting events and participation in competitive situations.

PE supports the understanding of the British Value of the 'Rule of Law'.

Social

- P.E. supports social development by developing the necessary skills to work in teams or pairs; cooperation with others is paramount to success.
- Give the pupils roles such as leaders, coaches, or umpires, and offer pupils the opportunity to develop their communication skills, leadership skills, and the ability to settle any discrepancies that may occur.
- Pupils are encouraged to reflect upon feelings of enjoyment and determination.

Cultural

- P.E. supports cultural development by allowing children to explore dances and learn games from different traditions and cultures, including their own.
- Pupils also recognise and discuss the differences between male and female roles within sport at both elite and amateur levels.
- Compassion and respect for other cultures and traditions are also displayed by all when exploring unfamiliar games or dances.

PE Curriculum Overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Taught by sports coach	Intro to PE Unit 1	Intro to PE Unit 2	Fundamental movements 1	Fundamental movements 2	Games 1 Places to go	Games 1 Animals and Habitats
	Taught by teacher	Dance 1	Gymnastics 1	Dance 2	Gymnastics 2	Balls skills 1	Balls skills 2
Year 1	Taught by sports coach	Fundamental movements	Netball Sending and receiving	Tennis Net and wall games	Hockey Invasion games	Athletics	Rounders Sticking and fielding
	Taught by teacher	Gymnastics Lesson 1-6	Fitness	Dance	Gymnastics Lesson 7-12	Yoga	Team building and OAA
Year 2	Taught by sports coach	Fundamental movements	Netball Sending and receiving	Tennis Net and wall games	Hockey Invasion games	Athletics	Rounders Sticking and fielding
	Taught by teacher	Gymnastics Lesson 1-6	Fitness	Dance	Gymnastics Lesson 7-12	Yoga	Team building and OAA
Year 3	Taught by sports coach	Fundamental movements	Netball	Tennis	Hockey	Athletics	Rounders
	Taught by teacher	Gymnastics Lesson 1-6	Fitness	Dance	Gymnastics Lesson 7-12	Yoga	Team building and OAA
Year 4	Taught by sports coach	Fundamental movements	Netball	Tennis	Hockey	Athletics	Rounders
	Taught by teacher	Gymnastics Lesson 1-6	Fitness	Dance	Gymnastics Lesson 7-12	Yoga	Team building and OAA
Year 5	Taught by sports coach	SAQ	Netball	Tennis	Hockey	Athletics	Rounders
	Taught by teacher	Gymnastics Lesson 1-6	Fitness	Dance	Gymnastics Lesson 7-12	Swimming	Team building and OAA
Year 6	Taught by sports coach	SAQ	Netball	Tennis	Hockey	Athletics	Rounders
	Taught by teacher	Gymnastics Lesson 1-6	Fitness	Dance	Gymnastics Lesson 7-12	Team building and OAA	Swimming