



Anything is possible, we can all succeed

To inspire... to aspire

"I can do all things through Christ who strengthens me" Phillipians 12:13

Upton Curriculum for Physical Education

To Inspire ... To Aspire

"We are thinking, feeling, art-making, knowledge-hungry, marvellous animals, who understand ourselves and our world through the act of learning...it is a way to love living right now."

Matt Haig July 2018

Physical activity contributes significantly to the wellbeing for children. Pupils are provided with a range of opportunities to be physically active.

The curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities showing **TEAMWORK** and **PERSEVERENCE**. It also provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and **RESPECT**. They understand how physical activity can help them stay healthy, and how physical activity can improve and be part of their everyday life.





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Implementation

Pupils from Year 1 to Year 6 receive two hours of a broad and balanced curriculum each week. In KS1, the focus is on gym, dance and core PE skills taught through the Real PE scheme and Forest School. In KS2, one hour is focused on more traditional competitive sports taught outdoor. In the summer term the children in year 2, 3, 4 go swimming.

The curriculum is thread together by 12 core fundamental skills with 6 progressive colours. These are revisited through every year group and are vital transferable skills. They are, footwork, static balance, ball chasing, reaction and response, static balance, balance on a line, stance, floor work, ball skills, sending and receiving, jumping and landing, counter balance in pairs.

Each year group follows a theme each half term: Personal, Social, Cognitive, Creative, Applying Physical and Health and Fitness. These cogs work together to provide inclusion, progression and develop a positive attitude to physical education.

Pre-school and Reception work on their continuous provision alongside the Real PE Programme and Forest School.

All pupils have the opportunity to play competitively in intra-sport activities. There are also many opportunities to represent the school in inter-school events, including the School Games.

Pupils have the opportunity to attend extra-curricular clubs throughout the year, led by teachers or external providers.





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Lessons are sometimes provided by coaches from local clubs to offer inspiration.

Through the Upton 7 (our mile run) and purposeful play at break times and lunchtimes (adventure playground, equipment) pupils meet and go beyond the national expectation of 30 minutes of physical activity per day.

In Foundation stage and KSI, the children will learn to ride a bike.

Impact

Assessment of learning occurs throughout the lesson by observation, questioning, demonstrating and assessing skills. Teachers plan and address areas of weakness to inform next steps.

By participating in PE and School Sport the pupils will develop their physical skills as well as their social skills. There will be a positive impact on their emotional health and well-being with the children challenging themselves and engaging in competition. They will lead healthy active lives. Many of the pupils will develop a lifelong love of sport.

Pupils will be successful at intra and inter sporting events showing, DETERMINATION, TEAMWORK, SELF BELIEF, RESPECT and passion through sport.





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