

## The Dingle Primary School Physical Education Subject Summary

At The Dingle, children will be taught a high-quality PE curriculum that inspires all pupils to take part in physically sporting activities. It 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. The Dingle's curriculum for PE aims to ensure that all pupils develop competence to engage in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives.

All of our children have two hours of PE timetabled each week to cover the six main areas of the National curriculum which are: dance, gymnastics, games, athletics, outdoor and adventurous activities and swimming. 'Games' is divided into 3 sub families:

1. Invasion games, which include activities such as football, hockey, netball and rugby. Invasion games involve a team having to invade an opponent's territory by crossing over the half way line in order to score a goal or point.
2. Net and wall games, which include activities such as tennis, table tennis and volleyball. Net and wall games involve playing the ball back to the opponent in such a way that the opponent cannot return it and therefore a point is scored.
3. Striking and Fielding games, which include games such as cricket and rounders. Striking and Fielding games involve one team acting as the fielding side and one team acting as the batting (striking) side. The fielding side has to get the batting side out before they score too many runs/rounders. Once the batting side is out, the two teams reverse their roles.

At The Dingle, PE begins in Reception. When starting school, the main focus for the children at 4 and 5 years old is on the development of their fine and gross motor skills. To develop their fine and gross motor skills, children in Reception will be taught to negotiate space and obstacles safely with consideration for themselves and others. They will begin to demonstrate strength, balance and coordination when playing and through basic dance and gymnastics activities and games. They will learn to move energetically in different ways (such as, running, jumping, dancing, hopping, skipping and climbing) and they will also be introduced to a range of PE equipment and shown how to use it effectively (bats, balls, targets, hoops and apparatus).

In Years 1 and 2, children will build on the skills that they have developed in Reception and begin to develop fundamental movement skills in dance and gymnastics, whilst becoming increasingly competent and confident in accessing a broad range of opportunities to extend their agility, balance and coordination, both individually and with others. They will also learn to perform dances using simple movement patterns. They will be able to engage in competitive and co-operative physical activities, in a range of increasingly challenging situations. Children will participate in simplified team games (net and wall, invasion and striking and fielding), and learn the basic, key skills needed to be able to participate in different sports. In athletics, children will be given opportunities to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.

In key stage, children will continue to apply and develop a broader range of skills. In years 3 and 4, children will learn how to control and catch a ball, accurately throw, kick or hit (in hockey) a ball, to someone, and apply basic principles suitable for attacking and defending in netball, hockey, football and rugby (invasion games). They will also learn how to build a rally with a partner and use hand/eye coordination to strike a moving ball with a racket in tennis and table tennis (net and wall games). They will learn how to perform successful hitting and striking skills using a rounders or cricket bat and ball (striking and fielding) and they will develop flexibility, strength, technique, control and balance through athletics and gymnastic. In dance, they will know how to perform dances using a range of movement patterns.

In year 5 and 6, children will learn how to take part in outdoor and adventurous activity challenges attending a year 5 residential trip in the spring term. In dance, children will know how to modify and improve a performance and demonstrate rhythm, spatial awareness, precision, control and fluency in their routines and choreography. In gymnastics, children will learn how to link jumps, balances and focusing on mastering turns when jumping/dismounting from a box or vault to prepare them for trampolining lessons at high school in KS3. In games, children will continue to take part in competitive games with a greater understanding of tactics and rules, using a range of attacking and defending techniques effectively in invasion games within a match. In striking and fielding games, children will know how to use fielding skills as an individual to prevent a player from scoring and use the correct batting technique within a game to give them the opportunity to strike the ball for distance. In net and wall games, children will know how to serve overhead and develop a backhand technique and use it in a game of tennis or table tennis.

By the end of KS2, all children will have been given the opportunity to learn to swim competently, confidently and proficiently over a distance of at least 25 metres, using a range of strokes effectively. Children will also be taught to perform safe self-rescue in different water-based situations.

At the Dingle, we also offer a range of extra-curricular opportunities in PE. There are a good variety of after school and lunch time clubs that are available to children in both key stages. These may include the following: cross country, netball, football, athletics, rugby, cricket and rounders. The Dingle also enters lots of leagues, tournaments and competitions, giving children the opportunity to compete against other schools in our local area. This encourages team work and good sportsmanship, as well as building the children's resilience and knowledge of rules and tactics of different sports even further.

We expect that the skills that we teach in PE will prepare them for their future learning at high school and be useful in their future lives.

*"Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong."*

— John F. Kennedy