



# Shepherdswell Academy

## Physical Education Curriculum - Overview



### Why Teach PE?

We recognise the impact that an engaging, inspiring Physical Education experience has on young people's lives both short term and long term. The benefits of Physical Education are extensive with many of the skills our children learn transferable to other subjects and walks of life.

Through a high-quality curriculum which offers a breadth and depth of activities and opportunities, our aim is to physically prepare children for the next stage of their education and later life. Physical Education also provides a platform for our children to be creative, develop resilience and build character.

In Physical Education (PE) children will develop skills that include:

- Physical skills necessary to complete movement patterns and sequences in a variety of activities.
- Cognitive skills necessary to problem solve and reflect on theirs and others' performances.
- Social skills necessary to communicate ideas and share experiences with others.
- Emotional skills necessary to help them manage situations confidently and enjoy participating.

By promoting physical activity, we hope to increase our children's physical and mental health. Regular physical exercise, together with adequate sleep and a healthy diet, provide us more energy to enjoy participating in activities and interact with others.

### Curriculum Overview

The following table provides an overview of the themes taught in each year and term. This is a progressive model, where the curriculum knowledge and skills are revisited and built upon across the year and each year.

	EYFS	Year 1	Year 2
Autumn	Introduction to PE	Fundamentals Fitness	Fundamentals Fitness
	Fundamentals	Ball skills Target Games	Ball skills Target Building
Spring	Gymnastics	Gymnastics Dance	
	Dance	Sending and Receiving Team Building	Sending and Receiving Net and Wall
Summer	Ball Skills	Invasion Dodgeball	Invasion Target Games
	Games	Archery Athletics	Striking and Fielding

### Hands, Head and Heart

At Shepherdswell we follow the Hands, Head and Heart ethos for our PE topic. This approach is followed because it helps us focus on different areas of each child's growth and development.



#### HANDS (Physical Skills):

- Physically competent
- Develop and apply physical skills
- Physically active
- Develop agility, balance, coordination, strength, technique, flexibility and control



#### HEAD (Thinking and Thought Processes):

- Decision making
- Analysis and how to improve
- Evaluate and recognise success
- Knowledge and understanding
- Creativity



#### HEART (Behavioural change):

- Involvement (including in extra-curricular PE)
- Engagement
- Social
- Emotional
- Enjoyment
- Competition
- Building character and values
- Lead a healthy, active lifestyle.