

Physical Education Curriculum – St Cuthbert Mayne Junior School – 2023/2024

Our Curriculum Vision – PRAY

<p>Protecting our Planet – learn and contribute to protecting God’s creation – in our community and wider work. Caring about the world we live in:</p>	<p>Resilience – be able to face challenges and use them to help us progress. Overcome difficulties that challenge us.</p>	<p>Aspiration – we are created by God to do amazing things – each one of us. Ambitious/ belief in ourselves and in what we can achieve.</p>	<p>Yes to equality – we are all equal and important in God’s eyes. Everyone is equal and deserves to be valued and respected.</p>
<p>The introduction of Forest School allows children and young people the opportunity to investigate, test and maintain curiosity in the world around them.</p> <p>Forest School takes place in the woodland and natural school environment supporting the development of a lifelong relationship between the learner and the natural world.</p> <p>Forest school offers all our children the opportunity to develop confidence, social skills and communication through interacting with nature. The aims of Forest Schools help to develop in each person the skills they need to become Capable Learners and Personally Sustainable.</p>	<p>All aspects of Physical Education and school sport allow children to learn new skills and then challenge themselves to improve and make progress.</p> <p>The variety of sports and activities we offer, increase the children’s opportunities to work towards Personal Bests and to compete against their peers. Some children will play in competitions against other schools.</p> <p>Competitive opportunities allow the children the chance to experience the feelings of success and failure; winning and losing.</p> <p>Resilience is the backbone to physical education in that the children are endeavouring to master new skills to a level of competency. Children will need to persevere if they find something difficult, learning the importance of practicing and not giving up. They will then reap the rewards of feeling confident in the skills they are learning.</p>	<p>Physical Education should teach our children the skills and strengths that our bodies are capable of achieving; to be aware of our abilities and what movements are required to master a wide range of motions.</p> <p>Children will have an ‘I can’ attitude. They will have exposure to inspirational athletes and their stories and aspire to also achieve their best.</p> <p>Personal best targets are set and recorded so to revisit as they move through the school.</p> <p>Dacorun Sports Network provide opportunities for children to engage in cross curricular PE activities.</p> <p>Opportunities for children to try and experience new sports through lunchtime and after school clubs which also serves to prepare children to compete competitively.</p> <p>Sporting achievements and progress is celebrated in a variety of ways: Assembly <ul style="list-style-type: none"> • Noticeboards • Newsletter • School Website </p>	<p>Every child will have the opportunity to experience all aspects of physical education and sporting activities. As the children progress through the school they will have leadership opportunities: team captains and play/sports leaders.</p> <p>They will have exposure to influential role models.</p> <p>Children will explore and have an understanding of disability sports and experience some of the Paralympic and Olympic sports.</p> <p>The school will have children represent them in District and School Games competitions including SEND specific events.</p> <p>Children will understand and recognise the valuable contributions their peers make when working within a lesson</p>

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Our Subject Philosophy:

“Every winner was once a beginner” - variation on quote by Rutherford B. Hayes

At Cuthbert Mayne, in line with the National Curriculum, we aspire for all pupils to be inspired to succeed and excel in competitive sport and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness. The opportunities provided allow pupils to compete in sport and other activities to build character and help to embed values such as fairness and respect.

The requirements of the National Curriculum:

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

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Key stage 2

Following on from Key Stage 1, pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils 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
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- compare their performances with previous ones and demonstrate improvement to achieve their personal best

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Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, 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

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PE Long term plan: (2023-24):

As we transition to our revised PE curriculum, this long-term plan reflects our current syllabus for this academic year and will provide the foundation to move to the long-term PE curriculum, as shown in the table at the bottom of this document, in the next academic year (2024-2025).

PE Curriculum Map 2023-24						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Gymnastics Multi-skills	Gymnastics Football/Lacrosse	Indoor Athletics Ball Games (netball, basketball, etc.)	Tag Rugby Hockey	Swimming Athletics	Swimming Striking Games (cricket, rounders, tennis)
Year 4	Gymnastics Multi-skills	Gymnastics Football/Lacrosse	Swimming Ball Games (netball, basketball, etc.)	Swimming Indoor Athletics	Athletics Striking Games	Athletics Tennis
Year 5	Swimming Football	Swimming Netball/Lacrosse	Gymnastics Hockey	Dance Indoor Athletics	Athletics Striking Games	Athletics Tennis
Year 6	Gymnastics Football	Gymnastics Netball/Lacrosse	Gymnastics Hockey	Tag Rugby	Athletics Striking Games	Tennis Athletics

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						(Swimming Intervention)
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Curriculum Progression at St Cuthbert’s Mayne Junior School

[Long term progression map](#)

[Skills and knowledge progression ladders](#)

PE Long term plan: (2024-25):

PE Curriculum Map 2024-25						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Gymnastics Multi-skills	Dance Football/Lacrosse	Indoor Athletics Ball Games (netball, basketball, etc.)	Tag Rugby Hockey	Swimming Athletics	Swimming Striking Games (cricket, rounders, tennis)

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Year 4	Gymnastics Multi-skills	Dance Football/Lacrosse	Swimming Ball Games (netball, basketball, etc.)	Swimming Indoor Athletics	Athletics Striking Games	Athletics Tennis
Year 5	Swimming Football	Swimming Netball/Lacrosse	Gymnastics Hockey	Dance Indoor Athletics	Athletics Striking Games	Athletics Tennis
Year 6	Gymnastics Football	Dance Netball/Lacrosse	Netball Hockey	Tag Rugby	Athletics Striking Games	Tennis Athletics (Swimming Intervention)