



# Physical Education At Fawkham CEP School



## Intent:

At Fawkham the majority of our children are fortunate and have opportunities outside of school to take part in a variety of sporting activities. We enhance the experiences by providing a broad and balanced PE curriculum in addition to giving the children opportunities to take part in competitive sporting activities with other schools. Every class engages in PE for a minimum of two hours per week in which we follow the Real PE philosophy and approach. Real PE helps support every child to develop the physical literacy, knowledge, emotional and thinking skills to achieve in PE, Sport and life. The unique, child centred approach transforms how we teach PE to include, challenge and support every child.

Our approach to teaching PE develops the learner as a whole and alongside the physical skills, encourages learners to reflect on and improve their skills in the 5 other areas of the Real PE cogs. We aim to instil a positive attitude towards PE and physical activity to promote healthy lifestyles for our pupils currently and in the future. Using the progressive learning objectives provided by Real PE, combined with varied and flexible teaching styles, we provide appropriate, stimulating, challenging and enjoyable learning situations for every child.



Our children develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive sport (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Here at Fawkham, all of our children, enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Our PE curriculum is enhanced by a range of enrichment activities provided throughout the year. Our after school clubs offer a range of different sporting activities in which the children can participate.

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R Cycle A	<b>Personal</b>  Coordination: Footwork (FUNS Station 10) Static Balance: One Leg (FUNS Station 1)	<b>Social</b>  Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6) Static Balance: Seated (FUNS Station 2)	<b>Cognitive</b>  Dynamic Balance: On a Line (FUNS Station 5) Static Balance: Stance (FUNS Station 4)	<b>Creative</b>  Coordination: Ball Skills (FUNS Station 9) Counter Balance: With a Partner (FUNS Station 7)	<b>Applying Physical</b>  Coordination: Sending and Receiving (FUNS Station 8) Agility: Reaction/Response (FUNS Station 12)	<b>Health and Fitness</b>  Agility: Ball Chasing (FUNS Station 11) Static Balance: Floor Work (FUNS Station 3)  <b>Cycle tots</b>
Year R Cycle B	<b>Personal</b>  Coordination: Footwork (FUNS Station 10) Static Balance: One Leg (FUNS Station 1)	<b>Social</b>  Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6) Static Balance: Seated (FUNS Station 2)	<b>Cognitive</b>  Dynamic Balance: On a Line (FUNS Station 5) Static Balance: Stance (FUNS Station 4)	<b>Creative</b>  Coordination: Ball Skills (FUNS Station 9) Counter Balance: With a Partner (FUNS Station 7)	<b>Applying Physical</b>  Coordination: Sending and Receiving (FUNS Station 8) Agility: Reaction/Response (FUNS Station 12)	<b>Health and Fitness</b>  Agility: Ball Chasing (FUNS Station 11) Static Balance: Floor Work (FUNS Station 3)  <b>Cycle tots</b>

<b>Year 1/2 Cycle A</b>	<b>Personal</b>  Coordination: Footwork (FUNS Station 10) Static Balance: One Leg (FUNS Station 1) <b>Year 1</b>	<b>Personal</b>  Coordination: Footwork (FUNS Station 10) Static Balance: One Leg (FUNS Station 1) <b>Year 2</b>	<b>Social</b>  Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6) Static Balance: Seated (FUNS Station 2) <b>Year 1</b>	<b>Social</b>  Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6) Static Balance: Seated (FUNS Station 2) <b>Year 2</b>	<b>Cognitive</b>  Dynamic Balance: On a Line (FUNS Station 5) Static Balance: Stance (FUNS Station 4) <b>Year 1</b>	<b>Cognitive</b>  Dynamic Balance: On a Line (FUNS Station 5) Static Balance: Stance (FUNS Station 4) <b>Year 2</b>
	<b>Tag Rugby</b>	<b>Gym</b>	<b>Dance</b>	<b>Netball</b>	<b>Rounders</b>	<b>Tennis</b>
<b>Year 1/2 Cycle B</b>	<b>Creative</b>  Coordination: Ball Skills (FUNS Station 9) Counter Balance: With a Partner (FUNS Station 7) <b>Year 1</b>	<b>Creative</b>  Coordination: Ball Skills (FUNS Station 9) Counter Balance: With a Partner (FUNS Station 7) <b>Year 2</b>	<b>Applying Physical</b>  Coordination: Sending and Receiving (FUNS Station 8) Agility: Reaction/Response (FUNS Station 12) <b>Year 1</b>	<b>Applying Physical</b>  Coordination: Sending and Receiving (FUNS Station 8) Agility: Reaction/Response (FUNS Station 12) <b>Year 2</b>	<b>Health and Fitness</b>  Agility: Ball Chasing (FUNS Station 11) Static Balance: Floor Work (FUNS Station 3) <b>Year 1</b>	<b>Health and Fitness</b>  Agility: Ball Chasing (FUNS Station 11) Static Balance: Floor Work (FUNS Station 3) <b>Year 2</b>
	<b>Tag Rugby</b>	<b>Gym</b>	<b>Dance</b>	<b>Netball</b>	<b>Rounders</b>	<b>Tennis</b>
<b>Year</b>	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
<b>Year 3/4 Cycle A</b>	<b>Personal</b>  Coordination: Footwork (FUNS Station 10) Static Balance: One Leg (FUNS Station 1) <b>Year 3</b>	<b>Personal</b>  Coordination: Footwork (FUNS Station 10) Static Balance: One Leg (FUNS Station 1) <b>Year 4</b>	<b>Social</b>  Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6) Static Balance: Seated (FUNS Station 2) <b>Year 3</b>	<b>Social</b>  Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6) Static Balance: Seated (FUNS Station 2) <b>Year 4</b>	<b>Cognitive</b>  Dynamic Balance: On a Line (FUNS Station 5) Coordination: Ball Skills (FUNS Station 9) <b>Year 3</b>	<b>Cognitive</b>  Dynamic Balance: On a Line (FUNS Station 5) Coordination: Ball Skills (FUNS Station 9) <b>Year 4</b>
	<b>Tag Rugby</b>	<b>Gym</b>	<b>Dance</b>	<b>Netball</b>	<b>Rounders</b>	<b>Tennis</b>
<b>Year 3/4 Cycle B</b>	<b>Creative</b>  Coordination: Sending and Receiving (FUNS Station 8) Counter Balance: With a Partner (FUNS Station 7) <b>Year 3</b>	<b>Creative</b>  Coordination: Sending and Receiving (FUNS Station 8) Counter Balance: With a Partner (FUNS Station 7) <b>Year 4</b>	<b>Applying Physical</b>  Agility: Reaction/Response (FUNS Station 12) Static Balance: Floor Work (FUNS Station 3) <b>Year 3</b>	<b>Applying Physical</b>  Agility: Reaction/Response (FUNS Station 12) Static Balance: Floor Work (FUNS Station 3) <b>Year 4</b>	<b>Health and Fitness</b>  Agility: Ball Chasing (FUNS Station 11) Cool Down – Static Balance: Stance (FUNS Station 4) <b>Year 3</b>	<b>Health and Fitness</b>  Agility: Ball Chasing (FUNS Station 11) Cool Down – Static Balance: Stance (FUNS Station 4) <b>Year 4</b>
	<b>Tag Rugby</b>	<b>Gym</b>	<b>Dance</b>	<b>Netball</b>	<b>Rounders</b>	<b>Tennis</b>
<b>Year 5/6 Cycle A</b>	<b>Cognitive</b>  Coordination: Ball Skills (FUNS Station 9) Agility: Reaction/Response (FUNS Station 12)	<b>Creative</b>  Static Balance: Seated (FUNS Station 2) Static Balance: Floor Work (FUNS Station 3)	<b>Social</b>  Dynamic Balance: On a Line (FUNS Station 5) Counter Balance: With a Partner (FUNS Station 7)	<b>Applying Physical</b>  Static Balance: One Leg (FUNS Station 1) Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6)	<b>Health and Fitness</b>  Static Balance: Stance (FUNS Station 4) Coordination: Footwork (FUNS Station 10)	<b>Personal</b>  Agility: Ball Chasing (FUNS Station 11) Coordination: Sending and Receiving (FUNS Station 8)
	<b>Tag Rugby</b>	<b>Gym</b>	<b>Dance</b>	<b>Netball</b>	<b>Tennis</b>	<b>Swimming</b>

<b>Year 5/6</b>	<b>Cognitive</b>	<b>Creative</b>	<b>Social</b>	<b>Applying Physical</b>	<b>Health and Fitness</b>	<b>Personal</b>
	Coordination: Ball Skills (FUNS Station 9) Agility: Reaction/Response (FUNS Station 12)	Static Balance: Seated (FUNS Station 2) Static Balance: Floor Work (FUNS Station 3)	Dynamic Balance: On a Line (FUNS Station 5) Counter Balance: With a Partner (FUNS Station 7)	Static Balance: One Leg (FUNS Station 1) Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6)	Static Balance: Stance (FUNS Station 4) Coordination: Footwork (FUNS Station 10)	Agility: Ball Chasing (FUNS Station 11) Coordination: Sending and Receiving (FUNS Station 8)
	<b>Tag Rugby</b>	<b>Gym</b>	<b>Dance</b>	<b>Netball</b>	<b>Tennis</b>	<b>Swimming</b>

### Implementation:

PE at Fawkham Primary School is taught by class teachers who, for one hour a week, follow the plans on the REAL PE platform. The additional hour of PE per week incorporates activities, skills and sports such as gym, dance, attacking and defending, net and wall games and competitive games. Through REAL PE's lesson structure and differentiated activities, every child has opportunities to take part and be successful where effort, participation and development is supported. We teach the National Curriculum via REAL PE's progression of skills. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. The Long Term PE Curriculum Overview sets out the PE Units/Activities which are to be taught each half term throughout the year and ensures that the requirements of the National Curriculum are fully met.

During KS2, children will have a series of structured swimming sessions to ensure that they are confident in the water.

We promote both participation and competition through P.E and sport. We ensure all children experience competition at some level, individually or in a team, within lessons. At Fawkham, we have a house team system and there are many opportunities through PE lessons, house teams days, sports week and other enrichment activities for the children to participate in intra house competitions. In year 5/6, we offer a residential experience for the pupils, in which the children have the opportunity to take part in a range of OAA.

In our Early Years setting, the children have many opportunities to develop their gross and fine motor skills through activities such as write dance, funky fingers and BEAM. The environment also provides a wide range of physical opportunities for the children to engage and is continuously being adapted to meet the needs of the children. Alongside being provided with these opportunities within the setting, the children also have 1 hour of PE per week, in which the teachers follow the early years plan on the REAL PE platform. In the summer term the children have a trained specialist deliver a course of balance bike lessons.

All children in KS1 and KS2 have the opportunity to participate in an extensive range of extra-curricular sports activities throughout the year such as archery, dodgeball and football. Our pupils have access to more specialised sports such as curling, fencing and archery, during enrichment days.

### Impact:

Through data analysis, pupil voice and monitoring, it is evident that at Fawkham Primary our PE curriculum supports all children develop the physical literacy, emotional and thinking skills to achieve in not just PE but sport and life too. The curriculum is inclusive and progressive and allows all children to feel included, valued and challenged so that they can achieve their full potential in PE. We equip our children with the necessary skills and a love for sport, many of whom enjoy the success of competitive sports such as football, dance and swimming. Our pupils are physically active and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We aspire for all children to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School.

## **Enrichment of PE**

Sporting competitions with other schools

Year 5/6 residential trip

Sporting after school clubs

Wellness week

Play leaders supporting children at break times with games

Sponsored events

Camp activities

Whole school marathon

Forest school style activities

Archery

Tennis

Fencing

Curling

Tomahawks

Rifle shooting