



# Physical Education (P.E.) at Medlock Primary School

At Medlock Primary we have the ambition for all our pupils to achieve the highest standard. Our curriculum has been designed to ensure this vision becomes a reality by inspiring all our pupils to become confident, independent and responsible lifelong learners. To do this we have ensured that the backgrounds of our community (which have roots across the globe) are reflected in the curriculum content. The explicit sequencing and teaching of vocabulary and subject specific language is used to provide our children with the highest quality language for learning. Opportunities for reading widely and deeply are central to this as is the development of children's 'voice' (both verbal and written), to enable them to communicate and question confidently and effectively.

Each subject in our curriculum has been designed to always build and link to prior learning and make connections beyond the individual subjects to maximise its impact and ensure the children learn more and remember more.

## Why we teach P.E. - Our Intent

At Medlock Primary School, we value health and fitness. We see P.E. as central to pupils mental and physical wellbeing. By giving them the applied knowledge they need to develop a wide physical and sporting skill set they are better able to compete at and enjoy a wide range of activities throughout their school journey and beyond into adulthood. Ensuring lifelong health and wellbeing.

### Key Learning

- Applied knowledge that can be used in a variety of sporting contexts
- The understanding of fitness and how this supports healthy living.
- Working together for a shared goal.

## Curriculum Implementation in P.E.

Our PE curriculum is developed in conjunction with UK Sports Ltd, a dedicated school sports company employing specialist sport teachers and coaches. All lessons are based on the National Curriculum as well as Development Matters document for Early Years Foundation Stage (EYFS). Long term and medium term planning have been created in conjunction with our linked specialist teacher and are continuously being developed to meet the needs of the children. Assessment criteria has been developed and aids planning. We follow the PE Hub progression model.

All Pupils, no matter their specific needs or barriers, access P.E. lessons.

## Impact in P.E.

Our curriculum is designed so the children are taught the knowledge needed and then to apply the knowledge within the subject and beyond. It has been designed to build children's knowledge from lesson to lesson and from one year to another, linking backwards and forwards, embedding knowledge and understanding. Knowledge is therefore purposefully transferable to other areas of the curriculum.

We constantly return to key concepts, as a result children know more and remember more.

## P.E. within the Wider Curriculum

P.E. and healthy living are linked clearly to the science curriculum where the study of the body, diet and exercise are all explored. Equally, through the PSHE curriculum, children learn about the impact substance abuse can have on health as well as the 'well being' benefits sport and exercise can have. Breaktimes and Lunchtimes are also seen as an opportunity for activity. Continuous provision in early years ensures physical development through the activities provided, fitness activities are provided for all children during their morning breaks and adult led sporting activities are provided for children at lunchtimes so they are able to develop applied skills.

There are extended opportunities for pupils in P.E to attend friendly sports matches against different schools and take part in the Manchester School Games competitions to enhance their learning even further. After school clubs and competitions allow children to use the skills developed in P.E and to put them into context, in a competitive, real life context.

### Links

**National Curriculum for P.E. in Key Stage 1 and 2**

[Click here](#)

**Development Matters Early Years Guidance**

[Click here](#)

**Association for Physical Education**

[Click here](#)

'Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong'. - **John F. Kennedy**

*The coach trusts us and I just love to put down the pencil! He motivates both boys and girls.*  
**Musty year 6**

'... a good PE education can take each child down different pathways to find what they're really good at. And on a bigger scale, it can take the whole of humanity forward.' - **Amanda Spielmann**

*The teachers are always very encouraging, always positive towards the pupils. It is very inclusive.* **Daliya year 6**

## What P.E. Looks Like at Medlock

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery 1</b>	Develop Movement - balancing, riding, using steps, balancing in a variety of contexts, manipulating balls other apparatus, climbing on and around frames and platforms, follow movement patterns, complete sequences and match movement to rhyme and music.					
<b>Nursery 2</b>	Develop Movement - balancing, riding, using steps, balancing in a variety of contexts, manipulating balls other apparatus, climbing on and around frames and platforms, follow movement patterns, complete sequences and match movement to rhyme and music.					
<b>Reception</b>	Develop Movement - Repeat and extend from previous starting points focusing on greater fluency and control. Develop body strength, co-ordination and balance in a variety of contexts (indoors and outdoors). Develop understanding and ability in relation to the manipulation of apparatus and equipment, i.e. balls, bats, rackets, hoops, cones nets etc.					
<b>Year 1</b>	Attack & Defense	Send & Return	Gymnastics	Send & Return	Hit, Catch & Run	Running, Jumping & Throwing
<b>Year 2</b>	Attack & Defense	Send & Return	Gymnastics	Send & Return	Hit, Catch & Run	Running, Jumping & Throwing
<b>Year 3</b>	Football & Hockey	Basketball	Gymnastics	Net & Wall Sports	Striking & Fielding	Athletics
<b>Year 4</b>	Swimming, Football & Hockey	Swimming & Basketball	Swimming & Gymnastics	Swimming & Racquet Sports	Swimming, Cricket & Rounders	Swimming & Athletics
<b>Year 5</b>	Football & Hockey	Basketball & Netball	Gymnastics	Racquet Sports - Tennis	Cricket & Rounders	Athletics
<b>Year 6</b>	Football & Hockey	Basketball & Netball	Gymnastics & Creative Movement	Racquet Sports	Cricket & Rounders	Athletics