

**Guardian Angels' RCPS
PE INTENT and EXPECTATIONS**

**Guardian Angels RC Primary School
NATIONAL CURRICULUM AIMS**

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.

NATIONAL CURRICULUM STATEMENTS AND OBJECTIVES

Nursery

Gross Motor Skills - children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others.
 - Demonstrate strength, balance and coordination when playing.
- Move energetically; such as running, jumping, dancing, hopping, skipping, and climbing.

Managing Self - children at the expected level of development will:

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.

Building Relationships - children at the expected level of development will:

- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and to others' needs.

ELG: Self-Regulation - children at the expected level of development will:

- Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

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RECEPTION

Revise and refine the fundamental movement skills they have already acquired:

Rolling -running - crawling – hopping-walking -skipping - jumping – climbing.

Progress towards a more fluent style of moving, with developing control and grace.

Develop overall body-strength, balance, co-ordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.

Combine different movements with ease and fluency.

Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.

Develop overall body strength, balance, coordination and agility.

KS1

Pupils should 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 should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination.

Pupils should be taught to: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Pupils should participate in team games, developing simple tactics for attacking and defending and perform dances using simple movement patterns.

KS2

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. 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]

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Perform dances using a range of movement patterns.
Take part in outdoor and adventurous activity challenges both individually and within a team
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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.