

**Subject – Physical Education**

**Curriculum Value and Character Drivers**

	<b>Strive</b> Enthusiasm, perseverance and resilience	<b>Harmony</b> Empathy, understanding and tolerance	<b>Inspire</b> Responsibility, integrity, respect	<b>Nurture</b> Healthy bodies, minds and relationships	<b>Excel</b> Ambition, creativity and knowledge	
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Reception</b>	Movement	Gymnastics	Dance	Ball Skills	Circle Games	Games
<b>Year 1</b>	Gymnastics	Dance	Running and Jumping (Basic Athletics)	Ball Skills - Hands	Ball Skills – Feet	Team Games
<b>Year 2</b>	Gymnastics	Dance	Running and Jumping (Basic Athletics)	Ball Skills - Hands	Ball Skills – Feet	Team Games
<b>Year 3</b>	Gymnastics	Dance	Athletics	Net Wall Games – Tennis	Invasion Games – Basketball	Outdoor Adventurous Activities
<b>Year 4</b>	Gymnastics	Dance	Athletics	Striking and Fielding Games – Rounders	Invasion Games – Football	Outdoor Adventurous Activities
<b>Year 5</b>	Gymnastics/ Swimming (class 1)	Dance/ Swimming (class 1)	Athletics/ Swimming (class 2)	Net Wall Games – Badminton/ Swimming (class 2)	Invasion Games – Netball/ Swimming (class 3)	Outdoor Adventurous Activities/ Swimming (class 3)
<b>Year 6</b>	Invasion Games – Hockey s/ Swimming (class 1)	Outdoor Adventurous Activities/ Swimming (class 1)	Gymnastic / Swimming (class 2)	Striking and Fielding Games – Cricket Swimming (class 2)	Athletics/ Swimming (class 3)	Dance/ Swimming (class 3)

SHINE

ACADEMIES



Moral - Ability to recognise integrity (the difference between right and wrong) and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England.

Spiritual Development - Ability to be reflective about their own beliefs (religious or otherwise) and perspective on life. Knowledge of, and respect for, different people's faiths, feelings and values.

Cultural – The essential knowledge pupils need to be educated citizens, introducing them to the best that has been thought and said and helping to engender an appreciation of human creativity and achievement (music, art, poetry etc.).

Social – Ability to use of a range of social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds. Demonstrate a willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively.

Character – a set of positive personal traits, dispositions and virtues that informs their motivation and guides their conduct so that they reflect wisely, learn eagerly, behave with integrity and cooperate consistently well with others.

Value	KS1 Example	KS2 Example
<b>Strive</b>	Pupils will strive when they participate in independent and group activities/sports. They will be encouraged to make great efforts at the start of each lesson and how shown how targets can be achieved through striving.	Pupils will strive when they participate in independent and group activities/sports. They will be encouraged to make great efforts at the start of each lesson and how shown how targets can be achieved through striving.
<b>Harmony</b>	Pupils will work in harmony when they participate in team/group activities across a range of topics such as 'gymnastics' and 'ball games. They will discover how speaking and listening will prove effective.	Pupils will work in harmony when they participate in team/group activities across a range of topics such as 'gymnastics' and 'invasion games. They will discover how speaking and listening will prove effective and the importance of leadership and how it brings groups people together to work as a team.
<b>Inspire</b>	Throughout PE, children will be inspired to participate in a range of sports and develop and range of skills and knowledge. Local Sporting	Throughout PE, children will be inspired to participate in a range of sports and develop and range of skills and knowledge. Local Sporting

	icons will be discussed throughout the year to inspire children and show what they can achieve. Icons like Denise Lewis (athletics) and Jude Bellingham (football).	icons will be discussed throughout the year to inspire children and show what they can achieve. Icons like Denise Lewis (athletics) and Jude Bellingham (football).
<b>Nurture</b>	In KS1, children can demonstrate their nurturing side when they participate in either individual or team sports. This can be demonstrated when children support their teammates through successful and unsuccessful times. Moving away from team or individual sports, we encourage children to nurture their own bodies by exploring 'Healthy Bodies' within fitness sessions. Children discuss the impact fitness has on the body and how different food and drinks can help support a healthy body.	In KS2, children can demonstrate their nurturing side through sportsmanship in a range of sports. Supporting their teammates whether they are successful or not can demonstrate a nurturing Nature. Moving away from team or individual sports, we encourage children to nurture their own bodies by exploring 'Healthy Bodies' within fitness sessions. Children discuss the impact fitness has on the body and how different food and drinks can help support a healthy body. Children have begun to create their own health plans and look at how different foods can have different impacts before and after exercise.
<b>Excel</b>	In all lessons, children will be inspired to excel and achieve to their fullest potential. This will be achieved by offering a range of resources and strategies to improve and develop their skills and knowledge. Children will be given the opportunity to participate in competitions and allow them to excel in pressure situations.	In all lessons, children will be inspired to excel and achieve to their fullest potential. This will be achieved by offering a range of resources and strategies to improve and develop their skills and knowledge. Children will be given the opportunity to participate in competitions and allow them to excel in pressure situations.