

Curriculum Intent – Physical Education

At Northwood Park Primary, all pupils receive a minimum of two hours of Physical Education (PE) and games per week through which we develop all areas of the National Curriculum. In Early Years Foundation Stage (EYFS) and Key Stage 1 (KS1), we aim to provide **experiences which develop curiosity** and master basic skills such as co-ordination, balance, fine and gross motor skills. We encourage them to participate in team games where they can develop simple tactics and look to build teamwork and leadership skills. These team games will be either ones known to them, or new ones that they have created as part of a **team**, in order to display creativity and link cross-curricular activities within their lessons. They will also look to enhance their performance skills by developing simple movement patterns within Dance and Gymnastics.

As children transition into Key Stage 2 (KS2) we aim to **build on children's prior learning** taught throughout KS1, teaching children to use earlier acquired skills in a range of new contexts, developing confidence within their own skill set. We allow children to compare their performances to previous ones, and demonstrate how they can achieve their personal best by retrying and pushing their physical boundaries. All children are able to access the curriculum by taking part in a range of activities such as: Dance, Games, Gymnastics, Athletics, Outdoor Adventurous Activities and Swimming. Children are given the opportunity to expand and develop their skills through enriching extra-curricular activities that provide children with the opportunity to **discover hidden talents, skills and new passions**. **Enrichment opportunities** allow children to build on these newly discovered skills and interests. These opportunities include sporting competitions across the city and within the school's trust (SHINE Academies) and school's Sports Days in which children can **apply their learning** and skills to a range of sporting activities and competition situations.

During KS2, children are given the opportunity to participate in swimming lessons. Our aim is for all pupils to leave Northwood Park Primary able to swim at least 25m unaided (in line with government guidelines), be able to use a range of strokes effectively and perform safe self-rescue in different water based conditions. By achieving this, children will be able to perform these skills in social aspects of life, pass on their learning to others and be **prepared for life beyond primary school**.

We believe that PE is fundamental to our children's development and learning and can achieve success in three simple steps: **Working hard. Working happier. Working together**. Not only does our PE curriculum engage and motivate children, but it is a great way for our children to develop life skills such as teamwork, co-operation, determination, mutual support, respect and **grow as happy and successful individuals**. Within all this, we ensure the children **'treat others as they wish to be treated'** in order to achieve their goals.