

Physical Education

“High quality physical education teaches students the knowledge, skills and confidence to be physically active for a lifetime.”



Physical Education threads: Motor competence, Rules, strategies and tactics and Healthy participation.

Physical Education Curriculum Rationale at Dorchester Primary

Through Physical Education we have the unique opportunity to support our pupils in developing physically, cognitively, socially, emotionally and creatively. Through engaging, well-planned, inclusive PE lessons we are able to develop children holistically and create a legacy for future healthy lifestyle habits whilst stretching and challenging through a variety of physical and cognitive activities. We have an opportunity to help to guide some of the lifestyle choices of our pupils in the future by equipping them with the knowledge, competence and confidence to be active, involved and enjoy physical activity in its many forms.

To do this effectively we must build progressively and our curriculum therefore aims to create continuity across the key stages and make links between key stages. The overall programme of study allows pupils to develop the quality of their skills at each level and embed their knowledge to allow for greater development; rather than moving on 'too quickly'. Within the curriculum we aim to introduce new and diverse activities at pertinent points while giving enough time to 'focus activities' to allow for improvement and challenge. The activities taught are selected to be appropriate for each year group's learning, to allow the best opportunity for progress and meaningful physical and social development based on their current level of ability and their previous learning and achievement. These activities are also placed at appropriate times across the year to focus on skills and learning that we believe will benefit the pupils most at that point, for example, communication and team building skills at the beginning of the academic year to foster class bonding, individual confidence and a sense of community. We offer a sequential approach across the year, and school, to build on skill development and motor competence logically and maximise overall progress. We also aim to prepare our pupils for their next steps into secondary education through the development of wider skills such as officiating and giving feedback; by encouraging greater independence and confidence in their own knowledge and abilities we hope to help them experience that there is a place for everyone to thrive in physical education.

Children will:

- Be encouraged to achieve their personal best in whatever they do
- Have the opportunity to use high quality activity specific equipment and resources
- Be supported in maintaining high standards of personal conduct when performing, officiating or giving feedback
- Be given opportunities to develop their ability to evaluate their own performances and those of others
- Participate in a range of practical activities that will have a positive impact on their motor competence and allow them to make progress
- Be encouraged to consider the benefits of a healthy lifestyle and how PE is supporting that
- Learn vocabulary and conventions specific to a variety of activities whilst learning to also make links between them
- Work collaboratively and competitively with others, with positive outcomes, and learn to communicate effectively.

Teachers will:

- Build lessons around the DPS Pillars, the Physical Education threads and the needs of our pupils.
- Use regularly reviewed KOs/medium term plans to plan progressive lessons across each unit, building on previous learning.
- Teach to embed knowledge and support the ongoing progress of all pupils
- Promote enjoyment, healthy lifestyle choices and progress through being active and delivering high quality competitive and collaborative learning opportunities
- Use questioning that encourages all pupils to engage and contribute while developing higher order thinking where possible
- Ensure that pupils are taught how to use equipment safely, to take pride in the resources available and collaborate in maintaining and storing these to a high standard
- Implement a clear rationale for monitoring and assessing children's knowledge, understanding and physical competence which informs future planning and supports pupil progress.
- Ensure our curriculum is as ambitious as the Physical Education National Curriculum.