



Intent & Long-Term Plan

Physical Education

At Co-op Academy Woodslee, children are equipped with the tools and understanding required to make a positive impact in their own physical health and well-being.

At Co-op Academy Woodslee we believe that PE, School Sport and Physical Activity have a vital role to play in the physical, social, emotional and intellectual development of our children. Our PE curriculum follows guidelines set by the national curriculum and flows in a progressive, sequential order from Foundation to Year 6.

We offer a curriculum that inspires all pupils to succeed and excel in competitive and noncompetitive sports, dance, OAA and gymnastics and other physically-demanding activities. Pupils are provided with opportunities to compete in sports and other activities that build character and help to embed values such as cooperation, fairness, collaboration and respect, as well as our Co-op Ways of Being (succeed together, be yourself, always, do what matters most and show you care). Children are encouraged to participate in numerous sporting tournaments, such as tag rugby, football competitions, School Games Week and gymnastics competitions as well as being offered opportunities to progress further by signposting children to local clubs and our own extracurricular activities.

Children are taught by teaching staff who are supported and challenged throughout the year by Co-op Academy Bebington and Liverpool Football Club Foundation to continue their own professional development in the teaching of PE. Teachers use the assessment tool head, hands, heart to ensure children are being assessed holistically and are aware of their achievements and next steps. Pupil voices are completed termly and implemented to ensure children's voices are heard to increase levels of activity and raise the profile of PE at our academy. Throughout the year sport specific coaches come into school in addition to our curriculum session for a variety of sports including tennis, football, golf and inclusive sports. These are then celebrated with festivals at the partner club with other schools. Children are then signposted to out of school sporting opportunities which are available to them.

All Key Stage one and two children take part in the daily mile on our daily mile track outside. The daily mile is non competitive, social, physical activity, in which the children are encouraged to move in a variety of ways with their peers for 15 minutes each day. The aim is to improve their physical and mental health, fitness, concentration and understanding of their own fitness levels.

Early Years Foundation Stage

Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, coordination, movement and positional awareness.

On average 50% of children enter the academy significantly below ARE in Physical Development. Due to the importance of physical activity for children's all-round development, to enable them to pursue happy, healthy and active lives, we focus heavily on Physical Development. Opportunities are provided for children to be active and to develop their coordination, control and movement through moving and handling activities that involve the use of a range of equipment and involve different spatial experiences. During PE lessons children are introduced to the fundamental skills looking at running, jumping, coordination, throwing, catching, kicking and striking.

Key Stage 1

In Key Stage 1 children develop their fundamental movement skills, becoming increasingly competent and confident. They access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Pupils are able to engage in co-operative physical activities, in a range of increasingly challenging situations that encourage them to strive to improve on their personal best, such as taking part in inter class competition, where they have the opportunity to compete against themselves and others.

Key Stage 2

In Key Stage 2 children 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 enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports through revisiting sports and they learn how to evaluate and recognise their own success. We provide opportunities for children to learn how to stay safe in water by starting swimming lessons at an on-site pool in Year 3 and continuing until children have become confident in the water, knowing how to keep safe and also meet the National Curriculum requirements by the end of Year 6.

There are 5 strands to our PE curriculum, these are: Health and fitness, technique, team work, rules and knowledge

Physical Education Long Term Plan EYFS and KS1

<u>Year</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>		<u>Summer 2</u>	
<u>E2</u>	Locomotion: Walking and Jumping	Ball Skills Hands 1	Gymnastics: High, Low, Over, Under	Dance Nursery Rhymes	Ball Skills Feet		Games For Understanding	
F2 LFC foundation	Multi skills	Multi skills Football	Multi skills	Multi skills	Multi skills		Multi skills	
<u>Yr 1</u>	Locomotion: Running	Ball Skills Hands 2	Locomotion: Jumping	Dance: The Zoo	Gymnastics: Body Parts	Games For Understanding	Team Building	Health and Wellbeing
Yr1 LFC foundation	Football		Multi skills		to be confirmed			
<u>Yr 2</u>	Locomotion: Dodging	Ball Skills Feet	Gymnastics: Pathways	Dance: Explorers	Locomotion : Jumping	Games for Understanding	Team Building	Health and Wellbeing
Yr2 LFC foundation	Football		Multi skills	dodgeball			to be confrimed	

Physical Education Long Term Plan KS2

	Year 3	Year 4	Year 5	Year 6
Autumn 1	Games - Dodgeball	Health and fitness	Games - Dodgeball	Health and fitness
External		Football	Tennis	Tennis
Autumn 2	Gymnastics	Gymnastics	Gymnastics	Games - Basketball
External	Tennis	Tennis	Inclusive sports	Football
Spring 1	Dance	Games - Basketball	Dance	Dodgeball
External				Inclusive sports
Spring 2	Outdoor Adventurous Activities	Tag Rugby	Outdoor Adventurous Activities	Tag Rugby
External			Football	
Summer 1	Swimming Athletics	Swimming Athletics	Swimming Athletics	Athletics Swimming
External	football		Golf	Golf
Summer 2	Tennis	Rounders	Tennis	Gymnastics Rounders
External		Basketball		

Physical Education National Curriculum Coverage

National Curriculum Objectives	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2	Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2				
To participate in team games, developing simple tactics for attacking and defending.	Autumn 2 Summer 1 Summer 2	Autumn 1 Autumn 2 Summer 1 Summer 2				
To perform dances using simple movement patterns.	Spring 2	Spring 2				
KS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To use running, jumping, throwing and catching in isolation and in combination			Autumn 1 Summer 1 Summer 2	Autumn 1 Spring 1 Spring 2 Summer 1 Summer 2	Autumn 1 Autumn 2 Summer 1 Summer 2	Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2
To 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.			Autumn 1 Summer 2	Spring 1 Spring 2 Summer 2	Autumn 1 Summer 2	Autumn 2 Spring 1 Spring 2 Summer 2

To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].			Autumn 2 Summer 1	Autumn 2 Summer 1	Autumn 2 Spring 1 Summer 1	Autumn 2 Summer 1
To perform dances using a range of movement patterns.			Spring 1		Spring 1	
To take part in outdoor and adventurous activity challenges both individually and within a team.			Spring 2		Spring 2	Summer 2
To compare their performances with previous ones and demonstrate improvement to achieve their personal best.			Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2	Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2	Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2	Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2
To swim competently, confidently and proficiently over a distance of at least 25 metres.			Summer 1	Summer 1	Summer 1	Summer 1
To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].			Summer 1	Summer 1	Summer 1	Summer 1
To perform safe self-rescue in different water-based situations.			Summer 1	Summer 1	Summer 1	Summer 1