



# Bishop Ellis Catholic Voluntary Academy



## Physical Education Intent

At Bishop Ellis Catholic Primary School, we aim to provide a high-quality physical education curriculum which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We understand that opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Our curriculum for PE 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

Children will develop fundamental knowledge, movement skills, become increasingly competent and confident and access a broad range of sports to extend their agility, balance and coordination, individually and with others. They will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. We will provide swimming instruction in Key Stage 2.

### Love of the subject:

- At Bishop Ellis we want all children to understand the benefits of staying active. We aim to encourage our children to explore, participate and succeed in not only competitive sport but physically-demanding activities. Additionally, we aim to provide the children with opportunities for pupils to become physically confident in a way to support their health and fitness and understand the importance of physical wellbeing throughout their life.

### High expectations

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.

### Lifelong learners

- The children are given opportunities to engage in quality first teaching in curriculum PE sessions; virtual competitions within in school and where possible, external competitions and opportunities to complete personal best challenges. Every year, the school enters a number of inter-school sports' competitions including netball, football, cricket, swimming, basketball and cross country for girls and boys.

The Reception children also have a very active learning environment due to their outdoor area. Therefore, the children have plenty of opportunities to be outdoors throughout the day (subject to good weather) engaging in active learning. This is in addition to their organised PE curriculum sessions.

BISHOP ELLIS PE CURRICULUM PLAN

2024 - 2025

TERM	ADVENT 1	ADVENT 2	LENT 1	LENT 2	PENTECOST 1	PENTECOST 2
Reception SC	Fundamental Skill movements- <b>Core strength and balance.</b> <b>I exercise.</b>	Fundamental Skill movements. <b>Travelling and agility</b> <b>I move</b>	Fundamental Skill movements. <b>Co-ordination and dynamic balance</b> <b>I practise</b>	Fundamental Skill movements. <b>Agility, object control, core strength and balance.</b> <b>I communicate</b>	Fundamental Skill movements <b>Object control</b> <b>I think</b>	Fundamental Skill movements <b>Locomotion and object control</b> <b>I create.</b>
Reception Teacher	Dance Healthy Me.	Gymnastics Travelling, rolling, balancing.	Dance Animals	Gymnastics Balancing, jumping.	Pilates	Fundamental movements. Review of learning throughout the year.
Year 1 SC	Fundamental Skill movements <b>I exercise – jungle Y1 – SC</b>	Fundamental Skill movements <b>I move – pirates Y1 – SC</b>	Fundamental Skill movements <b>I practise – machines Y1 - SC</b>	Fundamental Skill movements <b>I communicate – playtime Y1</b>	Fundamental Skill movements <b>I create – funfair Y1 – SC</b>	Fundamental Skill movements <b>I think – wild west Y1 – SC</b>
Year 1 Teacher	Gymnastics Y1 (lessons 1-5) - CT	Dance – pirates - CT	Gymnastics Y1 (lessons 6-10) - CT	Dance – weather - CT	Fundamental skills – 1 - CT	Fundamental skills 2 - CT
Year 2 SC	Fundamental Skill movements <b>Locomotion, travelling and agility.</b> <b>I move</b>	Fundamental Skill movements <b>Locomotion, travelling and agility. Strength and balance.</b> <b>I move</b>	Fundamental Skill movements <b>Agility, object control, core strength and balance.</b> <b>I communicate</b>	Fundamental Skill movements <b>I communicate</b>	Fundamental Skill movements <b>Locomotion, travelling and agility</b> <b>I think</b>	Fundamental Skill movements <b>Balance and agility</b> <b>I think.</b>
Year 2 Teacher	Gymnastics Balancing Jumping Equipment I moves y1 lessons 6-10	Dance Great Fire of London	Gymnastics Balancing Jumping. Equipment I moves y2 lessons 6-10	Dance Flamenco	Fundamental skills- 6 Applying learning from Sports Coach lessons Lessons	Athletics- Sports day Activities I moves Fun Sports Day.
LKS2 SC	Fundamental Skill movements <b>Co-ordination, strength and balance.</b> <b>I practise.</b>	Fundamental Skill movements <b>Co-ordination/ Manipulation, strength and balance.</b> <b>I practise.</b>	Fundamental Skill movements <b>Locomotion, strength and balance.</b> <b>I create.</b>	Fundamental Skill movements <b>Locomotion, strength and balance.</b> <b>I create.</b>	Fundamental Skill movements <b>Strength and balance, agility and fitness.</b> <b>I exercise .</b>	Fundamental Skill movements <b>Strength and balance, agility and fitness.</b> <b>I exercise.</b>
LKS2 Teacher	Gymnastics I moves y3 lessons 5-10 balancing, jumping, equipment.	Dance Modern style- Bollywood movements with good co-ordination.	Gymnastics I moves y4 lessons 6-10 Balancing, Jumping, equipment.	Dance Traditional – Latin	Fundamental skills- Athletic Activities. Applying learning from Sports Coach lessons	Athletics- Sports day Activities I moves core task.
Y4/5 SC Scaffold for	Fundamental Skill movements <b>Locomotion, strength and balance.</b> <b>I communicate</b>	Fundamental Skill movements <b>Co-ordination/ Manipulation, Strength and balance.</b> <b>I communicate</b>	Fundamental Skill movements <b>Co-ordination strength and balance.</b> <b>I think</b>	Fundamental Skill movements <b>Co-ordination strength and balance.</b> <b>I think</b>	Fundamental Skill movements <b>Agility and fitness.</b> <b>I move</b>	Fundamental Skill movements <b>Locomotion, agility and fitness.</b> <b>I move</b>
Y4/5 Teacher	Gymnastics I moves y4 lessons 6-10	Dance Traditional – Latin	Gymnastics	Dance Modern style- Urban freestyle.	Athletics- Sports day Activities Y4 I moves core task.	Fundamental skills- Athletic Activities- Y5

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	Balancing, Jumping, equipment.		I moves year 5 lessons 6-10. Balancing, jumping, equipment.			
UKS2 SC	Fundamental Skill movements Locomotion, strength and balance. I communicate	Fundamental Skill movements Co-ordination/ Manipulation, Strength and balance. I communicate	Fundamental Skill movements Co-ordination strength and balance. I think	Fundamental Skill movements Co-ordination strength and balance. I think	Fundamental Skill movements Agility and fitness. I move	Fundamental Skill movements Locomotion, agility and fitness. I move
UKS2 Teacher	Gymnastics I moves year 5 lessons 5-10. Balancing, jumping, equipment.	Dance Modern style- Urban freestyle.	Gymnastics I moves year 6 lessons 6-10. Balancing, jumping, equipment	Dance Traditional style- Charleston.	Fundamental skills- Athletic Activities- part 2. Applying learning from Sports Coach lessons	Athletics- Sports day Activities