



Chadsgrove Curriculum Long Term Planning: Physical Education

Intent	Implementation	Impact
Long Term Planning Medium Term Plans Physical Outcome Personal Outcomes Healthy Lifestyle Outcomes	Lesson Plans Curriculum Delivery Physical Competence Physical Activity Social Skills Emotional Skills Thinking Skills Healthy Lifestyle Behaviours	Character Development Evaluation Physical Competence Physical Activity Social Skills Emotional Skills Thinking Skills Healthy Lifestyle Behaviours

P.E at Chadsgrove is broad and balanced allowing pupils to develop their physical literacy.

- In Key Stage 1 the aim is to develop movement skills through gymnastics, the Motor Activity Training Programme (MATP), Hydrotherapy, Swimming and Rebound Therapy
- Key Stage 2 builds on the foundations learnt in Key Stage 1 with a focus on gymnastics, ball skills, target games, table games, dance, athletics, Hydrotherapy, swimming and Rebound Therapy
- At Key Stage 3 pupils are learning to play recognised games of Boccia, Polybat, Table Cricket, understanding and applying rules with more accuracy. In gymnastic and athletics, skills are becoming more refined
- At Key Stage 4 pupils study the OCR Entry Level PE Certificate and some pupils study the BTEC Level 1 Introductory Award in Sport
- In Key Stage 5 the aim is to develop skills that will enable pupils to take part in exercise beyond school such as yoga, boxercise and fitness circuits

All pupils get the opportunity to take part in Outdoor and Adventurous Activities (OAA), activities on the school grounds include a sensory walk, orienteering and cycling. Activities off site include sailing, ice skating and walking.

Pupils get the opportunity to take part in the Worcestershire School Games; skills practiced in the lessons are transferred to events such as the Multi Skills Festival, Panathlon, Boccia, Table Cricket and Pan Disability Football competitions.

Chadsgrove School Physical Education Long Term Plan Personal Development Plan			
Stage	Physical Outcomes	Personal Outcomes	
	Physical Competence & Physical Activity	Social, Emotional & Thinking Skills	Healthy Lifestyle Behaviours
EYFS	<ul style="list-style-type: none"> Through play I will develop my understanding of what I can do with my body. I will replicate and perform small and large body movements. 	<ul style="list-style-type: none"> Through PE I will learn to work on my own and with others, I will be creative, imaginative and develop my language and communication skills. 	<ul style="list-style-type: none"> Through P.E I will develop confidence to take part in different activities in different environments
Key Stage 1	<ul style="list-style-type: none"> Through structured play and PE I will develop fundamental movement skills. 	<ul style="list-style-type: none"> Through PE I will develop my understanding of playing with others, learning to demonstrate honesty and courage and playing with gratitude, empathy and fairness 	<ul style="list-style-type: none"> I will take part in PE and exercise regularly

Key Stage 2	<ul style="list-style-type: none"> Through P.E I will continue to develop my fundamental sports skills and I will learn to link skills to form movement patterns Through P.E I will continue to develop my fundamental sport skills and will apply them to specific sports and activities 	<ul style="list-style-type: none"> Through PE I will play with integrity and trust, learn to respect others and try to understand why things happened the way they did. Through PE I will develop my self-motivation and self-discipline and show that I am responsible. I will demonstrate my communication skills through encouraging others, making decisions, being able to solve problems and be reflective. 	<ul style="list-style-type: none"> I will dress appropriately for PE, and take part in 30 minutes of exercise a day. I will participate in clubs and engage in competition.
Key Stage 3	<ul style="list-style-type: none"> Through PE I will continue to develop and learn how to apply, combine and refine fundamental movement skills and sports skills. I will learn through a range of increasingly challenging recognised activities and adapted sports. 	<ul style="list-style-type: none"> Through PE I will become confident at working on my own and with others. I will demonstrate my resilience and enthusiasm for learning, allocating my time and developing personal organisation. 	<ul style="list-style-type: none"> I will learn to dress independently for PE, I will participate in clubs and engage in competition
Key Stage 4	<ul style="list-style-type: none"> Through P.E I will develop my competence and confidence in applying techniques to a breadth of sports. I will understand what makes an effective performance and will learn through physically and intellectually challenging activities. 	<ul style="list-style-type: none"> Through P.E I will develop resilience and interpersonal behaviours to make informed choices. I will continue to develop a growth mind set through seizing opportunities to learn and having a desire to succeed. I will support others in their learning and contribute to and provide ideas. 	<ul style="list-style-type: none"> I will dress appropriately for PE, I will participate in clubs and competitions. I will start to take ownership of my own exercise outside of school.
Key Stage 5	<ul style="list-style-type: none"> Through P.E I will learn to embed physical activity habits and make lifestyle choices that prepare me for further learning. 	<ul style="list-style-type: none"> Through P.E, I will be self-motivated, articulate and passionate. I will learn to build my mental health and learn to manage pressure. 	<ul style="list-style-type: none"> I will dress appropriately for exercise, and look after my personal hygiene. I will take ownership of my fitness goals and exercise beyond school.

Personal Outcomes	
Emotional skills	Independence, resilience, self esteem, empathy, responsibility, respect, active listening and looking
Social skills	Communication, leadership, teamwork Feeling part of a team, feeling valued, developing leadership skills, learning to be assertive and communicate effectively
Thinking skills	Analysis, evaluation, decision making
Healthy me	Personal health and activity levels