



# How we teach PE at Austrey and Newton Regis CE Primary Schools

Becoming the person God made me to be: living,  
learning, loving.

*"I praise you because I am fearfully and wonderfully  
made" Psalm 139:14*

TRUST



JUSTICE



FORGIVENESS



HOPE



DIGNITY



COMMUNITY



Summer 2024

## Curriculum Statement

At Austrey and Newton Regis CE Primary Schools we take pride in providing a knowledge-rich curriculum that is inclusive and equitable, celebrates diversity and is relevant to our school; preparing pupils for the fullness of life in an ever-changing world.

## Our Vision

Austrey and Newton Regis Church of England Schools are small schools at the heart of their rural communities. They have a living Christian foundation that follows the teaching and example of Jesus who reached out **in love** and drew in everyone, whatever their status or struggles, beliefs or views.

The biblical and theological ideas that have shaped our vision are as follows:  
*Created to be like God, we are all individual, different, and precious.*

*As school families, we treat everyone with **dignity**, seeing each person as a vital stroke in the creation of the masterpiece which is our school community. We **love** and welcome everyone, supporting them in the ups and downs of life and giving them **hope** for a bright future in their **lives** and **learning**. We seek **justice** for all, embracing those who face challenges in their **lives** and **learning**. We act responsibly, treating everyone fairly but not necessarily the same. We work to ensure that everyone has what they need, and we act and speak up for those who don't. **Equity** underpins our commitment to enabling everyone to flourish as the person God made them to be. Therefore, living like Jesus, we think and act with generous and **forgiving** hearts in the strategic and day to day life of the school. **Trusting** in God and the teaching of the bible, we are building a culture of **trust** in which everyone can feel safe; confident that their spiritual, emotional, and academic needs will be met and that their **uniqueness** will contribute to the **unity** and **wholeness** of Austrey and Newton Regis Church of England Primary Schools.*

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## Curriculum design

Our curriculum is ambitious and is based on the national curriculum but we recognise that this is the minimum entitlement for our pupils. Each subject is taught as a discrete discipline. Whilst developing these, links were considered very carefully to build on knowledge and skills within each subject, across the school and across subjects. We also carefully considered diversity, environmental awareness and health education when designing our curriculum.

[For the National Curriculum Document, please click here.](#)

## Our learning Behaviours

### Resilience

We keep going even when things are challenging. We can remain open, flexible, and willing to adapt to change, staying positive and optimistic. We invite feedback and deal positively with praise, setbacks and criticism.

### Independence

We are self-motivated and show a thirst for learning. We take and manage risks, showing responsibility, initiative, creativity and enterprise. We can organise ourselves and work out goals and priorities. We play a full role in the life of the school. We can present a persuasive case for action, proposing practical ways forward.

### Reflection

We evaluate the good things about our work, and the areas for improvement, acting on the outcomes. We make changes to improve our learning and communicate our learning in relevant ways to different audiences. We try to influence others, negotiating and balancing diverse views.

### Resourcefulness

We think creatively by generating and exploring relevant ideas and making connections. We find links and see relationships, trying different ways to tackle a problem. We ask 'how', 'why' and 'what if?' questions. We take informed and well-reasoned decisions recognising that others have different beliefs and attitudes.

### Team Work

We work cooperatively and confidently with others and listen to and take account of their views. We take an active part in our own role, and reach agreed outcomes, adapting our behaviour to suit different situations. We show fairness and consideration towards others. We take responsible action to bring improvement for others as well as ourselves.

# What is PE?

## Our KS1 definition

PE is about 'learning to move' by doing different activities and sports, such as football, hockey and dance. It is also about 'moving to learn'. When we do PE, we learn about teamwork, respect and trying our best. People trained in PE can become athletes and sports coaches.

## Our KS2 definition

PE is about 'learning to move' by engaging in physical activity and exercise, this can include sports and activities, such as football, hockey and dance. It is also about 'moving to learn,' which means that doing PE teaches lots of other skills, such as teamwork, respect, endurance and perseverance. People trained in PE can become athletes and sports coaches.

"A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect."  
(DfE National Curriculum 2013)

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.

## Intent

At Austrey and Newton Regis, our PE curriculum intends to develop a love of physical activity and an understanding of the benefits of engaging in regular exercise. We hope to encourage children to become athletes who show fairness and respect in all they do; supporting their teammates and peers and following rules in sports. Through a variety of different sports, children will develop a range of skills, including agility, balance and co-ordination, as well as listening skills, confidence, endurance and perseverance. Children will understand that it is not about winning, but the effort we put in and they will evaluate their performance in order to constantly improve. Most importantly, we hope to foster a lifelong love of sports and encourage the children to lead healthy, active lives.

## Implementation

PE is taught as a discrete subject discipline by trained sports coaches. We have a long-term plan that ensures full coverage during each key stage and dance is covered through whole school enrichment days throughout the year. A variety of extra-curricular opportunities throughout the year allow children to engage in inter-school competitions and after-school sports clubs.

## Long term plan

PE Curriculum Map Cycle A						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Autumn 1		Autumn 1		Autumn 1	
First PE	Multi Skills & FUNS		Netball		Swimming	
Enjoy-a-ball	Rugby FUNdamentals		Quicksticks		Quicksticks	
Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2
Multi Skills	Ball Skills		Football		Indoor Athletics Yr 5&6	
Jungle Dance	Indoor Athletics		Dodgeball		Tag Rugby	
Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1
Gymnastics	Gymnastics		Gymnastics		Gymnastics	
Superhero Dance	Dance		Dance		Fitness	
Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2
Outdoor adventure	Outdoor adventure		Outdoor adventure		Netball	
Football FU Ndamentals	Football FU Ndamentals		Fitness		Football	
Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1
Fitness and Fundamentals	Tennis		Tennis		OAA	
Athletics	Ball Skills		Kwik Cricket		Rounders Yr 5/6	
Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2
Athletics	Athletics		Athletics		Athletics	
Tennis	Ball Games		Rounders		Kwik Cricket	

PE Curriculum Map Cycle B						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1		Autumn 1		Autumn 1		Autumn 1
First PE		Multi Skills & FUNS		Basketball KS2 Y3-4		Basketball KS2 Y5-6
Enjoy-a-ball		Dodgeball		Tag Rugby		Swimming
Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2
Multi Skills		Ball Skills		Quicksticks		Indoor Athletics Yr 5&6
Jungle Dance		Indoor Athletics		Indoor Athletics Yr 3&4		Dodgeball
Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1
Gymnastics		Gymnastics		Gymnastics		Gymnastics
Superhero Dance		Dance		Dance		Dance
Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2
Outdoor adventure		Outdoor adventure		Dodgeball		Netball
Football FU Ndamentals		Fitness		Football		Tennis
Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1
Fitness and Fundamentals		Tennis		Multi Skills		Multi Skills
Athletics		Football FU Ndamentals		Rounders		Rounders Yr 5/6
Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2
Athletics		Athletics		Athletics		Athletics
Tennis		Ball Games		Kwik Cricket		Kwik Cricket

## PE Uniform

On PE days, pupils come to school dressed in their PE kits which will be dependent on the weather. In winter, pupils should have black tracksuit bottoms, a school PE t-shirt and a blue (Newton) or green (Austrey) or black hooded top / zip up jacket. In summer, children should wear shorts with a school PE t-shirt. The majority of PE sessions will take place outside on the playground or the field. In winter, pupils will be asked to wear their coats if necessary. In summer, children should have sun-cream applied to them and bring a cap on PE days if it is required. Dance and gymnastics take place in the hall. For safety reasons, gymnastics will be barefoot on mats.

In the event of bad weather, an outdoor session may move into the hall, depending on the age of the children and the conditions. Children are welcome to bring in spare pumps and socks if it has been wet so that they can change into dry shoes after PE sessions. KS2 classes will use the field throughout the year as part of the 'Golden Mile'.

## Impact

Our PE Curriculum is planned to demonstrate progression and build on and embed current skills. We focus on progression of skills in different sports.

- ✓ If children are achieving the skills in lessons, then they are deemed to be making good or better progress. We measure the impact of our curriculum through the following methods:
- ✓ Pupil discussions and interviewing the pupils about their learning (pupil voice)
- ✓ Governor monitoring with our curriculum
- ✓ Curriculum audits by the BDMAT central team
- ✓ Annual reporting and tracking of standards across the curriculum.
- ✓ Half-termly assessment to decide whether children have developed the skills of each discipline to be considered working at the expected standard
- ✓ The impact of our PE curriculum is also measured in the uptake of our extra-curricular opportunities