# ST CATHERINE'S CE PRIMARY SCHOOL
# PHYSICAL EDUCATION CURRICULUM OVERVIEW




At St Catherine's, Physical Education is a vital part of nurturing our pupils to "love like Jesus with their heads and their hearts." Through every lesson, game, and movement, children are encouraged to show respect, kindness, and compassion—celebrating both their own abilities and the diverse gifts of others. PE promotes the dignity of every child, fostering self-awareness and self-belief while valuing the similarities and differences in our St Catherine's family. Whether working in pairs or teams, pupils develop their ability to collaborate and communicate, learning to trust one another and themselves, and growing in resilience and perseverance as they face new challenges.

Rooted in the values of love, wisdom, community, and dignity, our PE curriculum offers a rich variety of experiences—from dance that reflects diverse cultures, to team sports that teach cooperation and shared goals, to individual pursuits that inspire personal growth. Through participation in gymnastics, games, and extracurricular clubs and events, children celebrate both individual success and team achievement. PE at St Catherine's is a joyful, inclusive space where each child is seen, supported, and inspired to grow in confidence, character, and compassion.

## OUR INTENTION IS TO ENSURE THAT THE CHILDREN AT OUR SCHOOL:

- ENJOY IT
- BELIEVE THEY CAN DO IT
- SEE THE PURPOSE IN IT
- DO IT CONFIDENTLY
- CAN DO IT NOW, TOMORROW AND FOREVER

EVERY SUBJECT, EVERY CROSS- CURRICULAR THEME, EVERY ASPECT OF OUR WORK IS AN 'IT'!
EVERY CHILD HAS AT LEAST ONE 'IT' – WE NEED TO FIND IT!

# PE Long Term Plan

Classes will be taught by the Sports TA & class teachers. We will continue to follow the Get Set 4 PE scheme. Get Set 4 PE is, first and foremost, a philosophy and approach which aims to transform how PE is taught in order to include, challenge and support EVERY child.

The Get Set 4 PE sessions are your core content, they have priority and should be taught in their entirety.

**National curriculum PE guidance**

*Key stage 1*

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

*Key stage 2*

Pupils should 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 should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- 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.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

*Swimming and water safety (taught in morning swimming sessions to KS2 groups and to all Year 3 pupils):*

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- Perform safe self-rescue in different water-based situations.

Get Set 4 Education

# My Curriculum Map

## 2023/2024

| | TERM 1 | | TERM 2 | | TERM 3 | |
|---|---|---|---|---|---|---|
| Reception | Introduction to PE : Unit 1<br>BalanceAbility | Introduction to PE : Unit 2<br>BalanceAbility<br>Dance | Gymnastics : Unit 1<br>BalanceAbility | Ball Skills : Unit 1<br>BalanceAbility | Games : Unit 1<br>Ball Skills : Unit 2 | Games : Unit 2<br>MG Athletics |
| Year 1 | Fundamentals<br>Fitness | Ball Skills<br>Gymnastics<br>Forest School | Net and Wall Games<br>Gymnastics | Invasion Games<br>Yoga | Athletics<br>Sports Day | Striking and Fielding Games<br>Sports Day |
| Year 2 | Fundamentals<br>Fitness | Sending and Receiving<br>Gymnastics<br>Forest School | Target Games<br>Gymnastics<br>Forest School | Invasion Games<br>Yoga | Athletics<br>Sports Day | Striking and Fielding Games<br>Sports Day |
| Year 3 | Fundamentals Y3/4<br>Fitness<br>Swimming | Netball<br>Dance<br>Swimming | Tag Rugby<br>Gymnastics | Tennis<br>Dodgeball | Athletics<br>Sports Day<br>Swimming | Cricket<br>OAA<br>Swimming<br>Sports Day |
| Year 4 | Ball Skills Y3/4<br>Fitness | Basketball<br>Dance | Football<br>Gymnastics | Hockey<br>Dodgeball | Athletics<br>Sports Day | Rounders<br>OAA<br>Sports Day |
| Year 4 | Ball Skills Y3/4<br>Fitness | Basketball<br>Dance | Football<br>Gymnastics | Hockey<br>Dodgeball | Athletics<br>Sports Day | Rounders<br>OAA<br>Sports Day |
| Year 5 | Hockey<br>Volleyball Y5/6 | Dance<br>Fitness | Tag Rugby<br>Gymnastics | Tennis<br>Fundamental Skill Check | Athletics<br>Netball | Cricket<br>OAA |
| Year 5 | Hockey<br>Volleyball Y5/6 | Dance<br>Fitness | Tag Rugby<br>Gymnastics | Tennis<br>Fundamental Skill Check | Athletics<br>Netball | Cricket<br>OAA |
| Year 6 | Hockey<br>Dodgeball | Basketball<br>Dance | Football<br>Gymnastics | Badminton Y5/6<br>Fundamental Skill Check | Athletics<br>Fitness | Rounders<br>OAA |

## Our Intention is to ensure that the children at our school:

- **Enjoy it**
- **Believe they can do it**
- **See the purpose in it**
- **Do it confidently**
- **Can do it now, tomorrow and forever**

Every subject, every cross- curricular theme, every aspect of our work is an 'it'!

Every child has at least one 'it' – we need to find it!