

Southfields Whole School Overview - Physical Education



Intent Statement

At Southfields, we believe Physical Education is not limited to curriculum lessons. We firmly advocate that Physical Education, School Sport and Physical Activity (PESSPA) are the cornerstone to developing the physical, cognitive and emotional skills needed to lead a lifelong healthy lifestyle. Through PE lessons, extra-curricular clubs, sports competitions, active lessons and daily physical activity our aim is to foster the motivation, confidence and competence for each child to maintain lifelong participation, competition and leadership in physical activity. Our curriculum map outlines a variety of opportunities for children to develop their physical, cognitive and emotional skills through dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Through PE, we see our GARK values lived by our children. PESSPA at Southfields challenges and promotes self-esteem through physical confidence and problem-solving. Failure and success are accepted equally and valued for what they can teach us about ourselves. Our GARK values and the children's social and emotional development are further supported when we focus on the School Games values in preparation for competitions and inclusive sports events. Our aim for children leaving Year 6, is that they will have experienced the joy of physical activity and sport and will understand how continuing a healthy lifestyle will impact positively on them and those around them. They will have been able to explore their own spiritual, personal and emotional identity, particularly through our dance and outdoor learning programmes. As early as Year 1, children will begin to take leadership roles in lessons which sets them on a path to becoming Sports Leaders, Playground Pals, Peer Mediators or Coventry Young Ambassadors as they move up the school.

AUTUMN

SPRING

SUMMER

Reception	Games – Instructions	Dance	Gymnastics	Agility - FMS	Games – bat and ball	Outdoor playground games L1 Athletics (Sports day) L2 Running
Year 1 School Games leaders	Games (Invasion – Jumpball/Benchball)	Dance L1 Dance	Gymnastics L1 & L2 Gymnastics performance	Agility - FMS L1 Agility	Games (Net and Ball sports) L2 Agility	Games (Striking and fielding) L1 Athletics (Sports day) L2 Running
Year 2 School Games leaders	Games (Invasion - Endball)	Dance SEN Inclusive Arts day	Gymnastics L1 & L2 Gymnastics	Agility - FMS L1 Agility	Games (Net and Ball sports) L2 Agility	Games (Striking and fielding) L1 Athletics (Sports day) L2 Running
Year 3 School Games leaders	Games (Invasion – Netball) L1 Football	Dance SEN Inclusive Arts day L1 Dance performance L2 Football L2 Speed Stacking	Gymnastics L1 & L2 Gymnastics L2 HADO L2 Football	Athletics/Agility L2 Football L2 Panathlon	Swimming Lunt Fort OAA residential L2 Archery L2 Football	Swimming L1 Athletics (Sports day) L2 Running L2 HADO
Year 4 Coventry Young Ambassadors	Gymnastics L1 Football	Dance SEN Inclusive Arts day L1 Dance performance L2 Football	Swimming L2 HADO L2 Football L1 & L2 Values Dodgeball	Swimming L2 Football L2 Panathlon	Athletics Games (Invasion – Football) Rough Close OAA day L2 OAA L2 Archery L2 Football	Games (Cricket) Games (LTA Tennis) L1 Athletics (Sports day) L2 Running L2 HADO
Year 5 • Coventry Young Ambassadors • Sports Leaders • Peer Mediators	Swimming L1 & L2 Values Dodgeball L1 Football	Swimming Bikeability L2 Football L2 HADO	Gymnastics L2 Football	Dance L1 & L2 Dance performance L2 Panathlon L2 Football	Athletics Games (Invasion – Tchoukball) Rough Close residential L2 Archery L2 Football	Games (Striking and fielding – Kickball/Tee Ball) L1 Athletics (Sports day) L2 Running L1 & L2 Rounders L2 HADO Sports Leadership day
Year 6 • Coventry Young Ambassadors • Sports Leaders • Peer Mediators	Athletics Health & Fitness L1 Football	Dance Dol y Moch residential L1 Rowing L2 Football Sports Leader training L1 Dance performance	Gymnastics/Parkour L2 Sportshall Athletics L2 Rowing L2 SEN Rowing L2 Football	Games (LTA Tennis) Outdoor Adventurous Activities L2 Sportshall Athletics L2 Panathlon L2 Football	Games (Invasion – Flag NFL/Quidditch) L2 Multi-sport festival L2 CSW's Got Talent L2 Archery L1 & L2 Rounders L2 Football	Games (Striking and fielding – Softball/Rounders) Swimming Top-up L1 Athletics (Sports day) L2 Orienteering – Coombe Abbey L2 Footgolf transition event L2 HADO