







Our PE Curriculum









"Dingle Community Primary School, where every child has a V.O.I.C.E"





"Dingle Community Primary School, where every child has a V.O.I.C.E"



Physical Education

PE is taught progressively through the 3 strands of 'motor competence', 'rules, strategies and tactics' and 'healthy participation'.
Each of these strands is developed through the following key areas of learning:

					
Athletics	Dance and movement	Gymnastics	Team games	Outdoor adventurous activities	Swimming

Key concepts (Big Ideas) in **Physical Education**

Pupils will develop the knowledge and skills needed to excel in a broad range of physical activities, including regular engagement in competitive sports and activities. Alongside this, PE lessons will ensure pupils are physically active for sustained periods of times and develop their understanding of how to live healthy, active lives.

Through different units of work, we develop:

- ***Motor competence**: developing and refining the movements needed for different activities, including flexible knowledge (throwing, running) which can be applied across different activities*
- ***Rules, strategies and tactics**: these apply to specific sports and games but also flexible knowledge e.g.: the need for tactics and strategy*
- ***Healthy participation**: the positive contribution that regular physical activity can make to physical and mental health and how to participate safely e.g.: warm ups*

*They will develop their abilities in **performance** by using their knowledge of motor competence. They will develop their **creativity** by exploring and experimenting with techniques and tactics and learn how to **evaluate** and analyse games and performances.*

In all units of work, pupils will be taught

- **Declarative knowledge** e.g.: knowing how to perform movements or actions, knowing rules, strategies and tactics for the activity
- **Procedural knowledge** e.g.: knowing how to apply their knowledge to sequences, routines or games

Athletics



Pupils will develop increasing competence in the techniques of running, jumping, throwing and catching.

Dance and movement



Pupils will learn how to move in different ways and use this to develop sequences. They will become increasingly skilled in communicating ideas through dance and movement, respond to rhythm and apply their learning to performance.

Gymnastics



Pupils will learn and practice skills relating to balance, shape, travelling, flexibility, strength and control. They will gain the knowledge of different gymnastic moves and use these to create sequences with increasing competence and complexity.

Team games



Pupils will develop and apply a range of skills including passing, fielding, dribbling, shooting, attaching and defending in a variety of team games, including competitive games. They will take part in **striking and fielding games** such as cricket and rounders, **invasion games** such as football, netball, quick sticks, tag rugby, basketball and **net & wall games** such as tennis and pickleball

Outdoor adventurous activities



Pupils will learn the importance of teamwork and communication when solving outdoor adventurous problems involving orientation, navigation, maps and compasses.

Swimming



Pupils will develop an understanding of water safety, learn different strokes for swimming and increase their confidence in water. They will learn to swim competently and proficiently over a distance of 25 metres.

Our Curriculum Overview

We are active. We show sportsmanship	Autumn	Spring	Summer
Reception 	Fairy Tale Adventure (FMS) First PE Bonfire Night Dance Fitness and Fun 	Diwali Dance Multi Skills Gymnastics Outdoor Adventure 	Mini Muay Tai Football Fun Superhero Dance Athletics 

Our Curriculum Overview

Year 1 	Gymnastics Ball Skills Winter Dance Ball Games	Fitness Multi Skills Fairy Tale Dance Rugby Fun	Mini Muay Tai Athletics Dinosaur Dance Dodge Ball
Year 2 	Gymnastics Ball Skills Space Dance Outdoor Adventure Activities	Fitness Tennis Great Fire of London Dance Football Fun	Pirate Fitness Athletics Seaside Dance Kwik Cricket

"Dingle Community Primary School, where every child has a V.O.I.C.E"



Our Curriculum Overview

Year 3 	Gymnastics Tag Rugby Eco Warrior Dance Pickle Ball 	Egyptian Dance Dodgeball Yoga Basketball 	Mini Muay Thai Athletics Fitness Rounders 
Year 4 	Greatest Showman Dance Leadership Gymnastics Football 	Roman Dance Quick Sticks Mini Muay Thai Netball 	Swimming Tennis Outdoor Adventure Athletics 

"Dingle Community Primary School, where every child has a V.O.I.C.E"



Our Curriculum Overview

Year 5 	Fitness Tag Rugby Gymnastics Multi Skills 	Olympic Dance Swimming Self Defence 	Yoga Athletics Stomp Dance Rounders 
Year 6 	World War 2 Dance Swimming Gymnastics 	Leadership Tri Golf Active Science Dance Mini Muay Thai 	Yoga Athletics Outdoor and Adventure Kwik Cricket 

"Dingle Community Primary School, where every child has a V.O.I.C.E"



Our Dingle Values

"Dingle Community Primary School, where every child has a V.O.I.C.E"

V – be Valued for who we are

O – have Opportunities to grow, thrive and make a difference

I – Feel Included with a sense of belonging

C – Care for and be part of our community.

E - have high Expectations of ourself and others

"A child who feels heard becomes a child who dares to dream"



Our Dingle values are pivotal to our PE Curriculum and complement and interlink with them in most lessons.
Everybody is **included** in lessons and their opinions and skills are **valued**. We celebrate our differences and are inspired by sports heroes who have achieved their dreams. We are **compassionate** towards others and show sportsmanship and **respect** in all lessons. We celebrate our talents in a positive, encouraging way. We enjoy learning about a diverse range of sports men and women who have been **ambitious** and encountered challenges, showing **resilience**. We aim **high** in every lesson and enjoy challenging ourselves in our learning.

"Dingle Community Primary School, where every child has a V.O.I.C.E"



We are incredibly proud to be working towards our Rights Respecting Schools award.
Rights are becoming an essential part of our curriculum and articles are therefore referenced in all our subjects.

RIGHTS RESPECTING SCHOOLS

unicef UNITED KINGDOM



British Values are an integral part of our curriculum, and we purposefully plan many opportunities to help our children understand and celebrate life in modern Britain.

Sustainability and caring for our world is another area of significance to our curriculum. We therefore ensure the Global Goals for Sustainable Development are also considered and shared with our pupils.



Dingle Community Primary School

"Dingle Community Primary School, where every child has a V.O.I.C.E"





Our Enrichment activities

Our Intent Documentation



Please visit our PE Curriculum webpage to find more information.



Examples of our lessons and sports we participate in

Progression in our key concepts





How we support SEND in PE



"Dingle Community Primary School, where every child has a V.O.I.C.E"