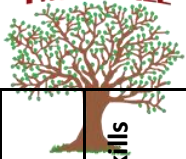





**Physical Education – Intent, Implementation, Impact**

		<b>ASPIRE</b>	
<b>Intent</b>		At Tweeddale we aim to deliver a curriculum of the highest-quality physical education that <b>inspires</b> all pupils to succeed in competitive sport, <b>persevering</b> , excelling whilst instilling the benefits of a healthy active life. Our curriculum provides pupils frequent opportunity to be <b>engaged</b> in sustained periods of physical activity and sport competing, gaining confidence and developing their skills and <b>self-control</b> .	
<b>Implementation</b>	<b>What</b>	<b>KS1</b>	<b>KS2</b>
		<p>Pupils are taught to:</p> <ul style="list-style-type: none"> <li>• Master basic movements including running, jumping, throwing and catching, as well as.</li> <li>• Developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>• Participate in team games, developing simple tactics for attacking and defending.</li> <li>• perform dances using simple movement patterns.</li> </ul>	<p>Pupils are taught to:</p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• 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.</li> <li>• Develop flexibility, strength, technique, control and balance for example, through athletics and gymnastics.</li> <li>• Perform dances using a range of movement patterns.</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
	<b>How</b>	<p>Through two hours of timetabled curriculum P.E lessons through the Merton P.E Inspire &amp; Educate scheme - The lessons take place in our gym, playground or ball court.</p> <p>Through use of both internal staff and outside agencies (Sutton Sports Partnership SSP, Surrey County Cricket, Crystal Palace Football Club) to provide a range of clubs, teams, sporting competitions and enrichment programmes: Intra-sport, Inter-sport, SEN competition, Swimming lessons provided in safe-self rescue and using a variety of strokes effectively by 'Dip n Dive'. Sports Leadership Programmes.</p> <p>Cycle training through Bikeability schemes.</p>	



**Physical Education – Intent, Implementation, Impact**

 <b>Key Knowledge/Skills</b>	Running- with speed in short bursts or endurance for longer period.	Jumping- to jump from either or both feet and land appropriately with control.	Coordination- to be able to strike objects with implements such as rackets or bats.	Balance- to control the body's position within space to allow effective movement control.	Agility- able to change direction quickly and with control.	Throwing a range of objects for distance and/ or accuracy.	Catching a range of objects from increasing distances, speeds and trajectories.
<b>Assessment</b>	Pre and post unit summative teacher assessment		Competition and end of unit assessment results.		Selection for school sports teams that may be dependent on performance in a trial.		
<b>Impact</b>	<b>Quality of Education</b> In accordance to government guidelines, children are physically active for 60 minutes every day, of which at least 30 minutes is at school, including break times.		<b>Behaviour and Attitudes</b> Children show sportsmanship and evidence of fairness, respect and a perseverance and determination to improve and succeed. Children also develop teamwork skills and experience the different roles within a team. Children chosen for sports teams represent Tweeddale positively in competition.		<b>Personal Development</b> Children will be aware of the importance of a healthy, active lifestyle and will make choices in the future to continue this idea. Children will understand that selection for school teams is based on ability as well as behaviour.		