P.E.

“Physical education isn’t just about exercise, it’s about fostering teamwork, resilience, and lifelong physical and mental health” John F Kennedy.

At Lady Katherine Leveson Primary School we use the Striver PE Scheme. Striver has been created with a sole purpose: to improve primary aged pupils' long-term physical and mental wellbeing. It does that by ensuring children of all abilities feel motivated and engaged, and teachers of all experience levels feel confident and in control.

*Aims*

Lady Katherine Leveson Primary School believes that every child should have the right to lead a healthy and active lifestyle. We recognise the huge importance that a high-quality PE curriculum, sporting and active lifestyle provision can bring to enriching pupils’ lives. Physical Education, alongside PSHE, at Lady K aims to provide our pupils with the understanding, knowledge and skills needed to become physically literate and also support healthier lifestyles by permeating across the daily school day. We aim to nurture a love for being physically active by providing a range of opportunities for all our pupils. Pupils will be given a rich, exciting and varied Physical Education that challenges, excites and encourages all to fully engage

*Curriculum*

Striver helps ensure that clear progression is achieved with simplified approaches to assessment. All our children are expected to be the best they can be - Striver helps children to build on their ‘personal best’. Our curriculum goes beyond discrete PE and permeates daily life at our school. It sets out clear expectations for recreational expectations (active play/lunch) with the purpose of meeting one of our key school improvement priority objectives; healthier, happier children.

*Long Term Plan*

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| --- | --- | --- | --- | --- | --- | --- |
| **Year Group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nursery and Preschool** | Games | Agility, Space and Movement | Gymnastics | Dance | Ball Skills | Games |
| **Reception** | Agility, Space and Movement | Catching and Throwing | Dance | Gymnastics 1 | Skill based Challenges | Gymnastics 2 |
| **Year 1** | Games 1 | Gymnastics | Dance | Games 2 | Athletics and  (Cheerleading coach) | Games 3 |
| **Year 2** | Games 1 | Gymnastics | Dance | Games 2 | Athletics and  (Cheerleading coach) | Games 3 |
| **Year 3** | Dance 1  Netball | Football  Gymnastics 1 | Dance 2  Tag Rugby | Gymnastics 2  Hockey | Cricket  Dance 3  (Tri Golf coaching) | Athletics  Gymnastics 3 |
| **Year 4** | Basketball  Gymnastics 1 | Dance 1  Handball | Gymnastics 2  Tennis | Dance 2  Rounders | Athletics  Gymnastics 3  (Cricket coaching) | Cricket  Dance 3 |
| **Year 5** | Dance 1  Netball | Football  Gymnastics 1 | Dance 2  Tag Rugby | Gymnastics 2  Hockey | Cricket  Dance 3  (Cricket coaching) | Athletics  Gymnastics 3 |
| **Year 6** | Basketball  Dance 1 | Gymnastics 1  Handball | Dance 2  Tennis | Gymnastics 2  Outdoor and adventure | Athletics  Dance 3 | Gymnastics 3  Rounders |