



BISHOP ROAD
PRIMARY SCHOOL

PHYSICAL EDUCATION



CURRICULUM STATEMENT

To offer unique opportunities to develop skills, teamwork, purpose and creativity in a way that is different from the rest of the curriculum.



WHAT DOES PHYSICAL EDUCATION LOOK LIKE AT BISHOP ROAD?

- Physical Education at Bishop Road aims to engage children with being physically active and living a healthy lifestyle for now and in the future. Children will develop an eagerness to participate and demonstrate highly positive attitudes to skill acquisition and development, competitive situations and leading and organising within lessons.
- All year groups will learn and practise relevant and transferrable skills across a range of different sports and build on these skills each year. This includes a range of invasion games, gymnastics and dance every year.
- PE lessons are taught by highly experienced and knowledgeable Ed Support staff.

ENRICHMENT OPPORTUNITIES

At Bishop Road, competitive sport is encouraged at intra and inter school level. A number of competitions against other schools are organised every month and children from Bishop Road are highly competitive in the North Bristol Primary School leagues. Teachers and Ed support staff offer a range of after school sports clubs which help encourage children to take part in sport in and out of school.

CONTRIBUTING THROUGH PHYSICAL EDUCATION

We believe that it is essential that children learn the vital importance of exercise in promoting long term health and wellbeing.

Children at Bishop Road learn that by maintaining a high level of physical fitness, having a healthy lifestyle and developing leadership and teamwork skills they'll be able to contribute fully to the wider world in the future.

ESSENTIAL CHARACTERISTICS OF PHYSICAL EDUCATION

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
 - The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
 - High levels of physical fitness.
 - A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
 - The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
 - The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
 - Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
 - A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
 - The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.
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CURRICULUM COVERAGE

Year	Autumn	Spring	Summer
R	Fundamental Movement Skills	Invasion Games	Athletics/ Striking and Fielding
1	Football/Rugby/Hockey/ Gym	Basketball/Netball/ Dance	Cricket/ Rounders/ Athletics / Tennis
2	Football/Rugby/Hockey/ Gym	Basketball/Netball/ Dance	Cricket/ Rounders/ Athletics / Tennis
3	Football/Rugby/Hockey/ Gym	Basketball/Netball/ Dance	Cricket/ Rounders/ Athletics / Tennis
4	Football/Rugby/Hockey/ Gym	Basketball/Netball/ Dance	Cricket/ Rounders/ Athletics / Tennis
5	Football/Rugby/Hockey/ Gym	Basketball/Netball/ Dance	Cricket/ Rounders/ Athletics / Tennis
6	Football/Rugby/Hockey/ Gym	Basketball/Netball/ Dance	Cricket/ Rounders/ Athletics / Tennis

All year groups are taught a range of invasion games, gymnastics and dance every year by Ed support staff. They will learn and practise relevant and transferrable skills across a range of different sports and build on these skills each year. In KS1 children are taught to master basic movements and apply these to individual sports. This progresses in KS2 where children are encouraged to use these skills in combination, honing the skills they learned at earlier ages and improving them.

