

Physical Education Curriculum



St. Michael's

C of E Primary Academy

(Updated January 2025)

Physical Education Vision

At St. Michael's we believe that supporting the children to be happy, healthy, mindful citizens who learn how to take care of their body and mind through participating in engaging lessons, being fully involved in academy life, and making healthy choices will stand them in good stead for a healthy, active lifestyle as they move through and on from primary school.

Physical Education Intent

Community-based recreational and competitive sporting opportunities for youth from underserved inner-city communities such as Handsworth are often lacking.

Compared to areas of Birmingham that benefit from greater financial investment, Handsworth has a criminally low number of youth football teams in Handsworth and the surrounding communities, despite being in the shadow of Aston Villa FC and West Bromwich Albion FC. Areas such as Sutton Coldfield and Kings Heath are awash with sports teams and clubs.

School sports curriculums and programs represent an ideal location for promoting youth development in underserved areas because they can provide safe, supervised, and structured activities. This is one of the primary ambitions of our PE and sport curriculum. Our intent includes not only physical education programs, but also other extra-curricular activities such as inter-school sports and recreational sport.

Our specialist PE coach supports teacher to deliver the Physical Education Curriculum. It is our aim to provide the children with the opportunity to develop their PE skills (physical and cognitive) through a wide variety of activities beyond the normal primary curriculum. We aim to extend the boundaries of learning with a bespoke PE curriculum that is centered around the needs of the children to ensure that they develop competence in a broad range of physical activities, are physical active for sustained periods, engage in competitive sports and activities and lead healthy, active lives.

At St. Michael's, we aim to develop a love of sport and physical activity in all children and inspire them to become lifelong active people by the time they depart for secondary school. We want all children to develop and improve the fundamental skills needed to access all physical activity such as invasion games, gymnastics or dance.

Children will understand the importance of healthy competition against either themselves (personal best) or other children, the importance of an active and healthy lifestyle and the role that physical activity plays in achieving this, how to swim, basic survival skills in water and life skills such as teamwork, independence and resilience.

We follow the complete PPPE curriculum which focuses on skills development in each individual sport and puts health and well-being at the core of learning. Combined with the children's development of agility, gross motor skills, cognitive thinking, balance, coordination, healthy competition and teamwork, the lessons also provide opportunities for children to develop essential life skills such as resilience, values, fairness, respect, and an appreciation of the importance of a healthy and active lifestyle. Our curriculum is designed to motivate and challenge our pupils in engaging, fun PE lessons that are accessible all, and allow all pupils to achieve their potential.

To enhance our pupils learning, we enter teams into a range of inter-school and intra-school competitions, events and tournaments. We actively promote good sportsmanship. Children learn to care for their bodies both physically and mentally and are encouraged to develop a growing self-awareness, resilience, positive attitude and commitment to self-improvement through setting goals, so that they are ultimately able to influence their own quality of life.

We offer a wide range of extra-curricular sports clubs which change termly, these have included yoga, football, basketball, cycling, dodgeball and fitness classes. A sports coach delivers sports sessions at lunchtime as part of the extended curriculum, providing additional opportunities for children to be active and experience various sports. These clubs are paid for by school and they provide children with access to a wide range of sporting activities.











Physical Education Implementation

At St. Michael's, we are committed to providing our pupils with plenty of opportunities to get their recommended amount of weekly exercise.

It is our aim to offer the children skill development through a wide variety of activities beyond the normal primary curriculum. The children participate in two hours of timetabled PE each week; when it is their PE days, they wear their PE kit to school which maximises learning time. The activities covered within the curriculum include Gymnastics, Games, Athletics, Multi-skills, fundamentals, Netball/Basketball, Tennis, Invasion games, and swimming.

We consistently promote good sporting behaviour and attitudes, which are reflected within our school values and rules. The children learn how to care for their bodies both physically and mentally. They are encouraged to develop a growing self-awareness, positive attitudes, growth mindsets and a commitment to self-improvement through setting goals, so that they are ultimately able to influence their own quality of life. We aim to provide as wide a range of activities as possible to encourage enjoyment, greater activity and involvement, whilst promoting physical fitness, health and cognitive learning through movement, play and exploration.

Key Areas of Learning

Fundamental Movement Skills (FMS)	Games	Dance	Gymnastics	Swimming	Fitness	Athletics	Outdoor and Adventurous Activities
							
Essential for introducing pupils to explore a range of basic movements (manipulative, locomotor, and stability).	To develop a range of physical skills and tactical principles in a range of different games in both cooperative and competitive environments. Also, ideal for promoting character attributes such as respect.	Encompasses all domains of learning from the physical to affective domains. For example pupils can develop personally, socially and emotionally through dance by exploring moods and emotions.	Regarded as the core of all movement experience as students learn to travel, jump, balance, and roll with control and coordination.	Develop water safety, confidence and competence in all pupils.	Improve pupils understanding of how the body works, the benefits of exercise and how to develop and maintain a healthy, active lifestyle.	Ideal for exploring different athletic actions, striving to perform at one's best, and performing at maximum levels.	Helps provide a rich movement experience (i.e., crawling, climbing, swinging and balancing) and helps develop skills such as leadership, teamwork, environmental awareness and other character traits.

With regards to ensuring each activity is developmentally appropriate, much thought has been given about when to include and exclude certain activities. Fundamental Movements Skills (FMS), for example is particularly important for EYFS and Key Stage 1 and is considered essential for pupils in becoming proficient in a range of basic skills and activities which require complex movements.

Games activities is the largest category as it includes sub-categories which within itself have many different types of games. This is useful, as the different categories of games have been placed on a continuum of tactical complexity, where target games have the least tactical implications and invasion games have the most (see table 1). As a result, when planning the St. Michael's PE curriculum, it was logical to introduce games to younger pupils in a logical manner, whilst ensuring that group sizes are appropriate to the age group, this has been summarised in table 2.

Table 1: Categorisation of games based upon their tactical complexity


Complexity			
			
Target Games	Net and Wall Games	Striking and Feilding Games	Invasion Games
Bowling Archery Bocce Ball Skittles Golf	Tennis Table Tennis Volleyball Dodgeball	Kickball Rounders Cricket	Hockey Basketball Netball Benchball Handball Rugby

Table 2: Group sizing in games

	EYFS	KS1	Lower KS2	Upper KS2
Group Size	Independent or partner work	Maximum of 3-a-side	Maximum of 4-a-side	Maximum of 6-a-side

Games

Game Category	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games Making							
Target Games							
Striking and Fielding Games							
Net/Wall Games							
Invasion Games							

With regards to **athletics**, it was deemed inappropriate to incorporate it into the KS1 curriculum as many of the skills are covered during FMS (Fundamental Movement Skills) units. Therefore, introducing athletics is best suited for KS2 with a focus on the athletic form and exploring different action possibilities when running, throwing and jumping.

For **Dance**, **Gymnastics** and **Swimming**, they have been incorporated into the curriculum from the outset as they are vital for the development of the whole-child.

Curriculum Map

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS	FMS: Multi-skills		FMS: Enjoy a Ball		Dance: Chinese New Year		Gymnastics		FMS: Football Fundamentals		Tennis	
Year 1	FMS: Multi-skills	Fitness: Pirates	FMS: Ball Skills 1	Dance: Fairy Tales	FMS: Ball Skills 2	Gymnastics	FMS: Ball Games	Dance: Holi	FMS: Football Fundamentals	Yoga	FMS: Rugby Fundamentals	Boccia
Year 2	FMS: Multi-skills	Fitness: Pirates	FMS: Ball Skills 1	Fitness: Winter	FMS: Ball Skills 2	Gymnastics	FMS: Ball Games	Dance: Seaside	FMS: Football Fundamentals	Yoga	FMS: Rugby Fundamentals	Tennis
Year 3	Dodgeball	Fitness	Benchball	Dance	Fitness	Gymnastics	Football	Yoga	Kickball	Swimming	Athletics	Cricket
Year 4	Dodgeball	Gymnastics	Benchball	Yoga	Fitness	Swimming (Spring 2025 = Tennis)	Football	Swimming (Spring 2025 = Gymnastics)	Kickball	Dance	Athletics	Cricket
Year 5	Swimming	Netball	Handball	Swimming	Dance	Basketball	Hockey	Gymnastics	Rounders	Fitness	Athletics	Gymnastics
Year 6	Fitness	Netball	Handball	Gymnastics	Fitness	Basketball	Dance	Rounders	Gymnastics	Athletics	Hockey	Swimming

Fundamental Movement Skills (FMS)	Games	Dance	Gymnastics / Yoga	Swimming	Fitness	Athletics
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Year Group	Fundamental Movement Skills (FMS)	Games	Dance	Gymnastics / Yoga	Swimming	Fitness	Athletics
EYFS	3	1	1	1	0	0	0
Year 1	6	1	2	2	0	1	0
Year 2	6	1	2	2	0	1	0
Year 3	0	5	1	2	1	2	1
Year 4	0	5	1	2	2	1	1
Year 5	0	5	1	2	2	1	1
Year 6	0	5	1	2	1	2	1

Games Progression

Game Category	EYFS	Year 1	Year 2	Year 3 and 4	Year 5 and 6
Striking and Fielding Games				Kickball Cricket	Rounders
Net/Wall Games	Tennis		Tennis	Tennis	
Invasion Games				Benchball Handball Rugby (Yr 4 only)	Netball Basketball Hockey
Target Games		Boccia			

PE Timetable

- Handsworth swimming baths is closed from January until March
- Each class to be allocated at least one session of indoors PE per week
- The youngest children to be given priority if / when allocating a second indoor session

Day	7:30 – 8:00	8:00 – 8:30	8:30 – 9:00	9:00 – 9:30	9:30 – 10:00	10:00 – 10:30	10:30 – 11:00	11:00 – 11:30	11:30 – 12:00	12:00 – 12:30	12:30 – 1:00	1:00 – 1:30	1:30 – 2:00	2:00 – 2:30	2:30 – 3:00	3:00 – 3:30	3:30 – 4:00	4:00 – 4:30
Monday	Breakfast Club			Year 2 PE Hall	Year 1 PE Hall			Dinnertime					Assembly	Year 6 PE Outdoors Reception PE Hall			KS2 Sports Club	
Tuesday	Breakfast Club		Coffee Morning					Dinnertime					Assembly	Year 3 PE Hall				
Wednesday	Breakfast Club			Year 3 PE Hall	Year 1 PE Hall			Dinnertime					Assembly	Year 4 PE Hall			KS1 Sports Club	
Thursday	Breakfast Club			Music Lessons				Dinnertime					Assembly	Year 6 PE Hall Year 5 PE Outdoors			KS2 Sports Club	
Friday	Breakfast Club			Year 4 PE Hall	Year 5 PE Hall			Dinnertime					Assembly	Year 2 PE Hall				