

Why do we teach physical education and what does it look like in our school?

At Oasis Academy Fir Vale we know that high quality physical education contributes to improved psychological health, social development and supports cognitive and academic performance. We want to ensure that our pupils have access to a physical education curriculum that not only helps them to keep fit and healthy but also supports them to develop both mentally and physically.

The physical education curriculum we have implemented helps raise aspirations and enables our pupils to develop self-confidence, pride and resilience. We provide a range of practical experiences that develop physical literacy. Using the Rising Stars and Archers materials to plan and provide children with physical skills, they gain a developing understanding of healthy lifestyles and the opportunity to develop teamwork, turn taking and leadership skills. These skills help children develop into responsible citizens and also support learning across the curriculum. Taking part in a range of competitions, including our yearly summer sports event, and different festivals where pupils compete against other schools provides opportunities for them to build character and help to embed values such as fairness and respect. The delivery of dance, gymnastics and games sessions by skilled professionals not only provide strong role models but also increases pupils' aspirations and widen their experiences.

	Y1	Y2	Y3	Y4	Y5	Y6
Autumn 1	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Use running, jumping, throwing and catching in isolation and in combination	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 Swimming lessons for half of Y4	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	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
Autumn 2	Perform dances using simple movement patterns.	Perform dances using simple movement patterns.	Use running, jumping, throwing and catching in isolation and in combination	Develop flexibility, strength, technique, control and balance Swimming lessons for half of Y4	Develop flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance

Spring 1	Develop flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance Swimming lessons for half of Y4	Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Compare their performances with previous ones and demonstrate improvement to achieve their personal best
Spring 2	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Perform dances using a range of movement patterns Swimming lessons for half of Y4	Perform dances using a range of movement patterns	Perform dances using a range of movement patterns
Summer 1	Participate in team games, developing simple tactics for attacking and defending	Participate in team games, developing simple tactics for attacking and defending	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	Take part in outdoor and adventurous activity challenges both individually and within a team	Take part in outdoor and adventurous activity challenges both individually and within a team	Take part in outdoor and adventurous activity challenges both individually and within a team
Summer 2	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]