



## **PE and Sport Vision at Kingsway Primary School**

At Kingsway Primary School, we believe in positive outcomes for all. By providing a broad and balanced PE curriculum and high-quality teaching, we aim to deliver children with the knowledge, skills and competence to excel in a wide range of physical activities.

Our PE curriculum aims to contribute to the children's understanding of healthy and active lifestyles. Additionally, we aim to develop leadership and collaborative skills, alongside developing confidence and enjoyment of sport. At Kingsway Primary School, we endeavour to teach children how to participate safely and inclusively. We also ensure children are taught to understand the rules of fair play and respect and show these skills throughout all aspects of their lives. We offer Key Stage Two children regular opportunities within and beyond the curriculum. We encourage all children to participate in sporting activities (clubs) in and out of school as well as offering a breadth of internal options outside the PE lesson throughout the day.

Throughout each day, we encourage all children to be physically active for sustained periods of time. We aim to give all children at least thirty minutes of physical activity time each day and ensure that all children receive at least 2 hours of PE lessons a week.

The aim of the curriculum in Key stage One is to master basic movements (running, jumping, throwing, catching) as well as developing balance, agility and coordination. We introduce team games and encourage the development of simple tactics for attacking and defending. We also teach children to perform dances and routines using simple movement patterns. Within Key Stage Two, we continue to develop a broad range of skills. Children are taught to use running, throwing and catching in a range of scenarios; play competitive sports and apply principles of attacking and defending; develop flexibility, strength, technique, control and balance; perform dances using a range of movement patterns; take part in outdoor and adventurous activities and demonstrate improvement to achieve their personal best. We also provide regular opportunity for children to learn to swim and encourage all children to swim at least 25 metres by the end of year 6. Additionally we provide children with the ability to perform self-rescue and use a range of swimming strokes effectively.