



**Physical Education  
at  
Castle Camps C. of E. (V.C.) Primary School**

**Life in all its fullness**

## Intent

At Castle Camps Primary School, physical education is an integral part of the curriculum that is inclusive and strives to engage all pupils, creating a sense of enjoyment in physical activity. The delivery of high-quality teaching and learning opportunities inspire children to be successful and develop skills that enable them to progress in a number of areas of PE.

Children are provided with a broad range of sports through both curriculum and extra-curriculum time allowing everyone the chance to identify sports where they can achieve their full potential and experience success. Pupils develop the ability to remain active for a sustained period of time, and have opportunities to engage in competitive sport in a range of settings and activities.

The physical education curriculum will give children the knowledge and understanding to lead healthy, active lives while also understanding the positive impact this will have on their mental well-being. Pupils will be taught vital life skills to keep them safe, such as swimming, but will also be taught life-long values throughout their time at Castle Camps. These values create great sportsmanship qualities and include passion; self-belief; respect; honesty; fairness; determination; and teamwork.

## Implementation

Pupils at Castle Camps participate in weekly high-quality physical education lessons that ideally span at least 2 hours of the curriculum timetable. Where possible, two different sports/skills are focused on each half term, allowing pupils to engage in a broad range of activities. Our PE programme of study incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. Progression of skills have been considered through all sporting areas so that our pupils build on prior skills and develop them further, and are able to link these skills to new areas of learning. Staff plan their lessons using a range of resources including the Cambridgeshire Scheme of Work for Physical Education. For half a term each year, we aim to support teachers through the use of specialist teachers who ensure the delivery is of an outstanding quality. Specialist coaches are also used to deliver a session of PE each week in Years 4,5 and 6. In addition, we use specialist coaches to support a term of swimming lessons to all children in EYFS and KS1.

At Castle Camps we provide opportunities for all children to participate in extra-curricular activities during and after school, in addition to competitive sporting events throughout the year. We offer an inclusive approach which endeavours to encourage not only physical development but also well-being. Pupils experience positive competition and ultimately have fun and experience success in sport.

## Impact

At Castle Camps our PE curriculum is progressive and allows children to develop fundamental knowledge, skills and vocabulary and apply them to a variety of sports. PE is taught as a basis for life-long learning, where access is provided to a wide range of activities in the belief that, if taught well and the children experience enjoyment and success, they will continue to have a physically active life. Pupils understand the importance of exercise on their physical and mental well-being and recognise that engaging in regular physical activity has positive implications on their learning in the classroom.

All pupils develop values crucial to being a successful sportsperson, including: passion; respect; honesty; fairness; determination; and teamwork. Through opportunities for sporting success, including personal challenges, children also develop in self-belief and confidence. This confidence is particularly seen by the end of Year 6 where children are able to display skills to self-rescue in the water and swim a minimum of 25 meters competently.

The impact of our PE curriculum is also measured in the uptake of our extra-curricular sports and participation in inter-school sports competitions. External measures are also used to measure the impact of our PE curriculum. Each year Castle Camps applies for the School Games Award which recognises high quality provision in school with either a bronze, silver or gold award. Castle Camps regularly receives the Bronze Award for our high quality physical education and school sport.

## CAMBRIDGESHIRE SCHEME OF WORK FOR PHYSICAL EDUCATION - UNITS BY YEAR GROUP

Year Groups	Dance	Gymnastics	Games	Athletics
Reception	On Parade Toys	Fun Gym Shapes Move and Hold	Fundamentals 1 Fundamentals 2	
1	Moving Words Weather	Jumping Jacks Rock and Roll	Fundamentals 1 Fundamentals 2	
2	Great Fire of London Magical Friendships	Points of Contact Ball Tall Wall	Fundamentals 1 Fundamentals 2	
3	Solar System Machines	Patterns and Pathways Hand Apparatus	Ball Handling Skills Striking Fielding Games	Challenges
4	Cold Places Rugby and the Haka	Principles of Balance Rotation	Invasion Games - Ball on the ground Net Games	Pentathlon
5	On the beach Dance Styles	Pair composition Press and Go	Invasion Games - Football Netball	Heptathlon
6	Football Dance Why Bully Me Dance	Body Symmetry Group Work	Invasion Games - Ball Hockey Invasion Games - Tag Rugby	Decathlon

**PE Progression – A Year (2023-24)**

	Hedgehogs	Squirrels		Rabbits		Badgers		Deer	
	EYFS	Y1	Y2	Y2	Y3	Y4	Y5	Y5	Y6
<b>Autumn 1 Indoor</b>	Gym (Fun Gym Shapes)	Dance Y1 Weather		Gymnastics Ball Tall Wall Y2 (Cambridgeshire Scheme)		Gymnastics Y4 Principles of Balance (Cambridgeshire Scheme)		Dance linked to Topic	
<b>Autumn 1 Outdoor</b>	Games - Fundamentals Unit 1	Fundamentals of movement Y1 Unit 1		Games Striking and Fielding Y3		Netball (Primary Sports Stars Planning)		Netball (Primary Sports Stars Planning)	
<b>Autumn 2 Indoor</b>	Dance linked to Topic	Dance - Victorian Christmas (BBC KS1)		Dance Polar Friends Y2		Dance Y5 On the Beach		Gymnastics Y5 Press and Go	
<b>Autumn 2 Outdoor</b>	Games - Fundamentals Unit 1	Gym Y1 Jumping Jacks		Gymnastics Y2 - Points of Contact		Football (Primary Sports Stars Planning)		Football (Primary Sports Stars Planning)	
<b>Spring 1 Indoor</b>	Gym - Move and Hold)	Gymnastics Y2 Ball Tall Wall		Gymnastics Y3 Hand Apparatus		Dance Y4 Rugby and The Haka		Dance linked to Topic	
<b>Spring 1 Outdoor</b>	Fundamentals Skills Unit (Ball Skills)	Fundamentals Y1 Unit 2		Invasion Games Y3		Hockey (Primary Sports Stars Planning)		Hockey (Primary Sports Stars Planning)	

	Hedgehogs	Squirrels		Rabbits		Badgers		Deer	
	EYFS	Y1	Y2	Y2	Y3	Y4	Y5	Y5	Y6
<b>Spring 2 Indoor</b>	Dance linked to Topic	Gymnastics Y2 Ball Tall Wall		Dance Y3 Machines		Gymnastics Y5 Press and Go		Gymnastics Y6 - Group Work Unit	
<b>Spring 2 Outdoor</b>	Fundamentals Skills Unit (Ball Skills)	Fundamentals Y2 Unit 1		Invasion Games Y3		Tag Rugby (Primary Sports Stars Planning)		Tag Rugby (Primary Sports Stars Planning)	
<b>Summer 1 Indoor</b>	Fundamental Skills Unit 2	Dance Y2 - Great Fire of London		Games (Net Games - NTA scheme of work)		Tennis		Health and Fitness / Circuit Training	
<b>Summer 1 Outdoor</b>	Games or Tennis	Athletics Running and Jumping (Twinkl Unit)		Athletics (Y3) Challenges		Kwik Cricket (Primary Sports Stars Planning)		Kwik Cricket (Primary Sports Stars Planning)	
<b>Summer 2 Indoor</b>	Swimming	Swimming		Swimming		Swimming		Swimming	
<b>Summer 2 Outdoor</b>	Athletics (sports day activities)	Athletics (sports day activities)		Athletics (sports day activities)		Athletics - Heptathlon Unit		Athletics - Decathlon Unit	

**PE Progression – B Year (2024-25)**

	<b>Hedgehogs</b>	<b>Squirrels</b>		<b>Rabbits</b>		<b>Badgers</b>		<b>Deer</b>	
	<b>EYFS</b>	<b>Y1</b>	<b>Y2</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y5</b>	<b>Y6</b>
<b>Autumn 1 Indoor</b>	Gym (Fun Gym Shapes)	Dance Y1 Rock n Roll(Cambridgeshire Scheme)		Gymnastics Y3 Patterns and Pathways (Cambridgeshire Scheme)		Gymnastics Y4 Rotation (Cambridgeshire Scheme)		Dance linked to Topic	
<b>Autumn 1 Outdoor</b>	Games - Fundamentals Unit 1	Fundamentals of movement Y2 Unit 1 (Cambridgeshire Scheme)		Games Ball Handling Skills Y3 (Cambridgeshire Scheme)		Netball (Primary Sports Stars Planning)		Netball (Primary Sports Stars Planning)	
<b>Autumn 2 Indoor</b>	Dance linked to Topic	Dance - (Y1) Moving Words		Dance Y3 - Solar System		Dance Y4 Cold Places		Gymnastics Y6 Body Symmetry	
<b>Autumn 2 Outdoor</b>	Games - Fundamentals Unit 1	Fundamentals of movement Y2 Unit 1 (Cambridgeshire Scheme)		Games Ball Handling Skills Y3 (Cambridgeshire Scheme)		Football (Primary Sports Stars Planning)		Football (Primary Sports Stars Planning)	
<b>Spring 1 Indoor</b>	Gym (Cambridgeshire Scheme Move and Hold)	Gymnastics Y2 Ball Tall Wall		Gymnastics Y3 Hand Apparatus		Dance Y5 Styles (Cambridgeshire Scheme)		Dance linked to Topic	
<b>Spring 1 Outdoor</b>	Fundamentals Skills Unit (Ball Skills)	Fundamentals of movement Y2 Unit 2		Invasion Games Y3 Dribbling and Passing		Hockey (Primary Sports Stars Planning)		Hockey (Primary Sports Stars Planning)	

	Hedgehogs	Squirrels		Rabbits		Badgers		Deer	
	EYFS	Y1	Y2	Y2	Y3	Y4	Y5	Y5	Y6
<b>Spring 2 Indoor</b>	Dance linked to Topic	Dance linked to Topic		Dance linked to Topic		Dance Y5 Pair composition		Gymnastics Y5 - Pair Composition	
<b>Spring 2 Outdoor</b>	Fundamentals Skills Unit (Ball Skills)	Fundamentals of movement Y2 Unit 2 (Cambridgeshire Scheme)		Invasion Games Y3 Dribbling and Passing(Cambridgeshire Scheme)		Tag Rugby (Primary Sports Stars Planning)		Tag Rugby (Primary Sports Stars Planning)	
<b>Summer 1 Indoor</b>	Fundamental Skills Unit 2	Gymnastics - Points of Contact		Gymnastics - Points of Contact		Tennis		Health and Fitness / Circuit Training	
<b>Summer 1 Outdoor</b>	Games or Tennis	Tennis		Net Games - NTA scheme of work		Kwik Cricket (Primary Sports Stars Planning)		Kwik Cricket (Primary Sports Stars Planning)	
<b>Summer 2 Indoor</b>	Swimming	Swimming		Swimming		Swimming		Swimming	
<b>Summer 2 Outdoor</b>	Athletics (sports day activities)	Athletics (sports day activities)		Athletics (sports day activities)		Athletics - Heptathlon Unit		Athletics - Decathlon Unit	