



## Our Physical Education Curriculum

### Physical Education at The Cedar School

It is our vision for every child to discover a love for sports and physical activity with individual, team and competitive opportunities. We aim to for each and every child to participate in a varied curriculum, giving opportunities to achieve their personal best and to challenge themselves. We aim for skills to become embedded through repetitive learning, sequential skill building and through purposeful opportunities to access the wider community.

**Communication** – Children will develop their communication skills through regular opportunities to work alongside their peers to share tactics, ask questions and give feedback. Children will also develop communication skills by being encouraged to demonstrate excellent sportsmanship through giving support and motivation to others during lessons and sporting events. To support well-being, children will also develop their ability to share individual feelings and learn to communicate ways of managing our emotions in practical and self-reflective ways.

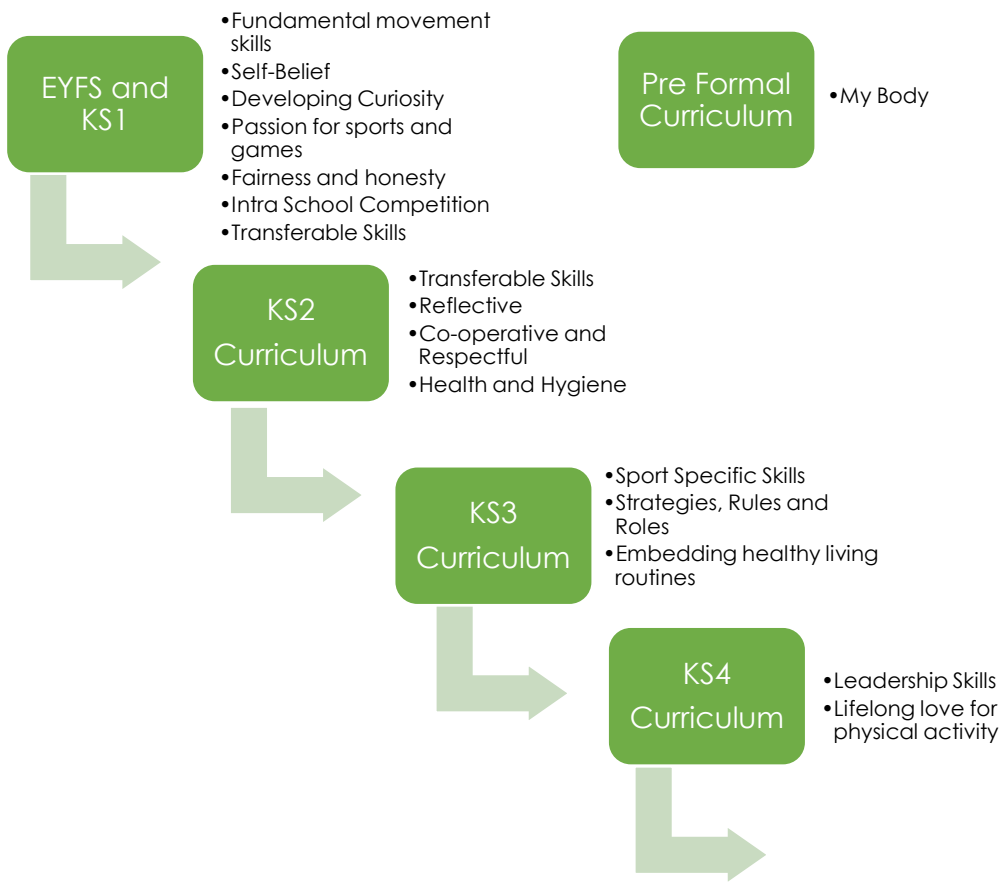
**Empowerment** – Children will be inspired to show independence throughout their learning by taking ownership of resources, making choices as to what equipment is needed for the lessons, getting this prepared and then using this appropriately and safely within the sessions. Children will be empowered to make decisions regarding their next steps in Physical Education and will be supported to achieve this. They will also be empowered to work with their peers in pairs and in teams to achieve success in sport.

**Discovery** – Children will begin to explore and develop their understanding of a variety of sports and be given opportunities to discover sport in the world around us. Children will be willing to try new sports and express their views towards these. It is our aim for children to find a love for sports which will lead to lifelong participation in physical activities. Children are also encouraged to discover sporting opportunities within the local community and to participate within these.

**Aspiration** - Children will be exposed to and understand the importance of physical activity to live a healthy, balanced life style. Children will experience and develop appropriate skills and knowledge to enable them to participate skilfully in a variety of sports and know how this supports our health and well-being. Children will develop these skills in relation to their age and physical development. Children will also have opportunities to develop leadership skills and share their knowledge with others.

**Resilience** – Children will develop resilience throughout the Physical Education curriculum and within the physical development offer. Children will be encouraged to overcome both mental and physical hurdles, finding ways to adapt and keep going to be successful sports. Children will want to push themselves, even when they find something difficult and keep trying to enable them to achieve their personal best.

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Pre-Formal	EYFS and Primary	KS3	KS4
<ul style="list-style-type: none"> <li>• Physio Programmes</li> <li>• Walking/ Standing Frames</li> <li>• Hydro-therapy</li> <li>• Boccia</li> <li>• Kurling</li> <li>• Dance – Movement to music</li> <li>• Real Gym</li> <li>• Sherborne</li> <li>• Wheelchair Yoga</li> <li>• Gross/ Fine Motor</li> <li>• OAA</li> <li>• Multi- Skills</li> <li>• Agility, Balance and Co-Ordination</li> </ul>	<ul style="list-style-type: none"> <li>• Physio Programmes</li> <li>• Walking/ Standing Frames</li> <li>• Hydro-therapy/ Swimming</li> <li>• Athletics (Basic Skills) Running, Jumping and Throwing</li> <li>• OAA</li> <li>• Boccia</li> <li>• Striking and Fielding (Basic Skills)– Hitting, throwing and catching</li> <li>• Tri GOLF</li> <li>• Yoga</li> <li>• Racquet Skills</li> <li>• Ball Skills (Throwing and Catching)</li> <li>• Agility, Balance and Co-ordination (Gym and Dance)</li> </ul>	<ul style="list-style-type: none"> <li>• Hydro-therapy - Swimming (Onsite)</li> <li>• Physio Programmes</li> <li>• Invasion Games (Basketball, Football, Hockey, Tag Rugby)</li> <li>• Net/ Wall Games (Volleyball)</li> <li>• Striking and Fielding (Cricket)</li> <li>• Gymnastics</li> <li>• Dance</li> <li>• Fitness Circuits</li> <li>• Athletics</li> </ul>	<ul style="list-style-type: none"> <li>• Hydro-therapy - Swimming (onsite or offsite)</li> <li>• Physio Programmes</li> <li>• Offsite PE (including Swimming)</li> <li>• Net/ Wall Games (Tennis, Table Tennis, Badminton)</li> <li>• Invasion Games (Dodgeball, Lacrosse, Handball)</li> <li>• Fitness Circuit</li> <li>• Dance</li> <li>• Striking and Fielding (Rounders')</li> <li>• Leadership</li> <li>• OAA</li> </ul>