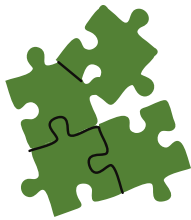


PE at Thomas Johnson Lower School



TJLS Curriculum Drivers

Dream

The success of sporting figures (including paralympic athletes) will be shared with children. Children will be shown why it is important to have an active lifestyle as it supports both physical and mental wellbeing. Children also act as advocates for what we as a school believe in and want to implement within our school ethos.

Discover

Children will be able to understand and use sport specific terminology and to recognise how different skills are required and applied across all sports. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports - and learn how to evaluate and recognise their own success.

Children will be encouraged to recognise their own ability and to pursue strengths in sport further afield than school.

The use of engaging video content will develop children's fundamental movement skills. We will endeavour for children to be able to meet with sports professionals to gain an insight into the sporting world.

Flourish

We want to provide children with resources they need to approach sport, health and fitness in an integrated way. Encouraging healthy competition and participation in activities of an increasing level of challenge will build self-esteem, confidence and resilience.

Children will be upskilled to support and coach each other. Opportunities will be provided for children to lead small group activities using their knowledge, skills and understanding. Children will be encouraged to take ownership over their own health and fitness - and will be given the tools to support this.



Sequencing of Content

Units are sequenced so knowledge and understanding builds on previous units.

Prior learning is referenced at the start of new units so that foundations of learning are used.

Key concepts are interleaved throughout the curriculum so they are regularly revisited.



Deepening of Content

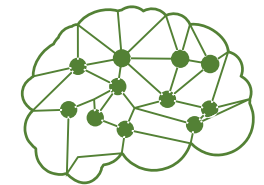
PE concepts are taught, revisited and understanding deepened, such as:

- Agility
- Coordination
- Speed
- Flexibility and balance
- Spatial awareness
- Movement - attacking and defending
- Performance



Big Ideas

- Develop fundamental movement skills.
- Increase competency and confidence in agility, balance and coordination, individually and with others.
- Engage in competitive and cooperative physical activities.
- Learn to swim competently, confidently and proficiently.



Retrieval Practice

Children take part in regular retrieval practice activities.

Reinforce previously taught skills and vocabulary - and apply to new concepts in PE.

Remembering information and knowledge is celebrated and is part of the TJLS culture.