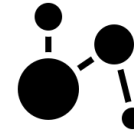


# PHYSICAL EDUCATION AT THE COPPICE



## VISION

Our PE provision aims to ensure that all pupils develop competence to excel in a broad range of activities; are physically active for sustained periods of time; engage in competitive sports and activities and lead healthy, active lives. We use our PE sessions at The Coppice to develop the child as a whole. Through actively taking part in sports, children learn the value of building successful teams, how to communicate effectively and develop a sense of self worth whilst participating in physical activity.



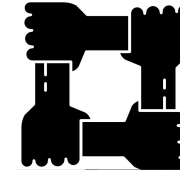
## DESIGN

Our PE curriculum has been carefully designed to provide a foundation of physical competence of controlled body movements and an ability to use equipment effectively, then develops into game or performance situations that require techniques and tactics. During our PE sessions, skills are modelled, taught and children practice them to enable them to be transferred into the long term memory. Children then use and refine these skills in a variety of sporting contexts.



## CONTENT

Content is taught in small, manageable steps to reduce cognitive demand. In EYFS/KS1, children develop balance and coordination. They begin to apply these skills in small, sequenced movements. As they progress through school, these skills are developed and used within the context of team/competitive sports. Attributes such as flexibility, strength and control are refined in UKS2. In each year group, children learn how to perform dances and gymnastic routines. These lessons challenge children to develop solo, paired and group sequences of movements, use apparatus and deepen their quality of movements over time. Opportunities to showcase or compete, at both internal and external events, are provided.



## SUPPORT FOR ALL

Our intended impact is to improve the well-being and fitness of all children at The Coppice not only through the teaching and development of physical skills, but through the children's personal and social development. We believe that the key ideas and building blocks for PE are important for everyone but recognise that some children will take longer to utilise and embed the skills taught independently. We support these children by: all children benefiting from our carefully designed curriculum, live assessment being utilised within PE sessions to teach and refine skills at the point of instruction and over practising skills.