

### QPS Vision Statement

With **JESUS** at our side,  
We **ACT** with a sense of right and wrong.  
We show **LOVE** by being kind to everyone.  
We **WALK** through each day with modesty in all we do.

### Curriculum Intent for PE

At QPS, we strongly believe that PE is vital in enabling children to understand, appreciate and improve their physical and mental wellbeing. Healthy minds and bodies give our children the very best opportunity to excel in all areas of life and learning.

*“Intelligence and skill can only function at their peak when the body is healthy and strong.” - John F. Kennedy*

All children have the right to healthy lifestyles and we will provide our children with experiences which promote life-long appreciation of sport. We will give children the chance to try out a wide range of sports and challenge them to push themselves collectively and individually to succeed in physical education, as well as giving them the opportunity to learn about and deepen their understanding of our values.

Our PE curriculum provides children with the opportunity to experience high-quality physical education and inspires them to be active and healthy in their daily lives, as well as providing a platform for them to develop character traits such as resilience, perseverance, teamwork and a healthy competitive spirit. Our curriculum is accessible to all and offers pupils the chance to try, develop and succeed in a wide range of sports and games, as well as developing their core physical skills such as agility, speed,

stamina and coordination. Having been exposed to a wide range of sporting experiences during lesson time, we offer opportunities to further their interest through extra-curricular clubs with the ultimate aim of inspiring life-long participation and learning in sport. Children are encouraged to be reflective learners in PE lessons and to work together to develop and improve their skills. We also give children important life tools, such as learning to swim and an understanding of the positive impact of exercise on well-being.

*Act justly, Love mercy, Walk humbly*

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Gross Motor Skills	SAQ and Fundamental Movement	Ball Skills	Ball Skills	Athletics	Athletics
	Team Games	Dance	Gymnastics	Swimming	Swimming	Swimming
Year 1	Gross Motor Skills	SAQ and Fundamental Movement	Ball Skills	Ball Skills	Athletics	Athletics
	Football	Dance	Gymnastics	Swimming	Swimming	Striking and Fielding activities
Year 2	Gross Motor Skills	SAQ and Fundamental Movement	Ball Skills	Ball Skills	Athletics	Athletics
	Football	Dance	Gymnastics	Hockey	Orienteering	Tennis
Year 3	Multi-skills	Handball	Swimming	Tag Rugby	Cricket	Rounders
	Tri-Golf	Dance	Gymnastics	Hockey	Athletics	Tennis
Year 4	Multi-skills	Handball	Swimming	Tag Rugby	Cricket	Rounders

	Tri-Golf	Dance	Gymnastics	Hockey	Athletics	Tennis
Year 5	Swimming	Netball	Badminton	Tag Rugby	Basketball	Cricket
	Football	Dance	Gymnastics	Hockey	Athletics	Tennis
Year 6	Swimming	Netball	Badminton	Tag Rugby	Basketball	Cricket
	Football	Dance	Gymnastics	Hockey	Athletics	Tennis

XXX – CPD sessions with DM

XXX- CPD sessions with LJ

XXX – CPD sessions with Football and Fitness

XXX – CPD sessions with Little Springers Gymnastics Association

XXX – Units from Power of PE Scheme of work taught by teachers

XXX – Swimming at South Charnwood    XXX – Swimming at the school pool