



Physical

Year 5

Psychological



Intent

- Take up opportunities to be active in curriculum lessons.
- Explore different physical components.
- Be aware of how different physical skills are linked to perform movements.

Implementation

- Participate in 2 hours of curricular Physical Education and sport. All pupils offered opportunities to participate in extracurricular activities.
- Pupils taught range of activities (through 2 alternative sports each half term) to develop range of physical components related to national curriculum.
- Physical and technical skills approach to teaching through repetition.

Impact

- Pupils feel benefits of regular sustained exercise with view to making it part of their daily life.
- Physical health links to whole school mental health ethos.
- KS2 skills based curriculum progresses smoothly to KS3 where physical skills are refined and developed further.

Intent

- Pupils experience challenges of fair play and respect to build character during competition.
- Develop understanding of basic tactics eg attack and defend in individual disciplines and team sports.
- Have basic knowledge of how to lead a healthy lifestyle and attempt to lead that healthy lifestyle.

Implementation

- Attempt to interact through play, challenges made during games based activities.
- Start to make individual tactical decisions to outwit opponents and offered chance to develop tactical thinking in groups. Eg att v def
- Monitoring of activity levels (in and out of school) and cross curricular links to food tech and PSHE to promote healthy eating and positive mental health.

Impact

- Pupils have opportunity to become more rounded individuals and make better psychological decisions in all academic areas.
- Opportunities to think independently.
- Whole school promotion of children leading healthy lifestyles.

Intent

- Start to collaborate effectively with their peers through play and competition.
- Learns how to comment on their own performance.
- Face the challenge of competition and perform in front of their peers.

Implementation

- Socially interact with children of different gender, race, ability through play and competition.
- Basic self assessment using appropriate success criteria.
- Contribute to modelling positive social behavior.

Impact

- Deal with social challenges with help.
- Pupils understand their strengths and weaknesses.
- Attempt to relate challenges through PE and sport to every day life.

Intent

- Can attempt a variety of technical skills.
- Can perform movements adapted to range of activities.
- Pupils offered opportunity to learn to swim competently.

Implementation

- Lessons taught with physical and technical skills focus through repetition of those skills.
- Ensure technical skills are practised and mastered before game play is introduced.
- Swimming offered at first schools, swimming competency monitored and initiative in place for non swimmers.

Impact

- Y5 pupils develop basic technical skills to improve coordination and dexterity to develop to more complex technical skills in KS3.
- Pupils will learn to know their own body, its technical limitations and how they can use it in variety of areas.
- AFMS to exceed national statistics for % of pupils to swim competently.

Social

Year 5

Technical

