

PE at Maple Ridge School

Intent:

PE is viewed as a highly important lesson at Maple Ridge. It can give all learners the opportunity to develop physically, emotionally and socially - all imperative to the development of well-rounded learners. We strive to allow this by giving all children a broad and balanced curriculum, exploring a range of different sports and activities. The progression of skills and experiences through this curriculum support our children in developing at the best pace possible.

Aims:

- Children to develop themselves physically - coordination, core strength, balance, control, agility, speed and physical fitness.
- Children to develop themselves socially/emotionally - learning to be around others in a small space, take turns with a partner or group, accepting not always being first (when taking turns or winning/losing), developing resilience and perseverance when challenged.
- Inspire children to lead healthy active lives.
- Children to experience a range of learning environments e.g. hall, swimming pool or outside and continue to apply the Maple Ridge School rules (Be kind, Be safe, Be helpful).
- Children to make and apply safe decisions across a range of contexts.

We order the focus of our lessons as follows, making best use of the weather for outdoor learning:

	September/October (Outdoors)	November/December (Indoors)	January/February (Indoors)	March/April (Indoors/Outdoors)	May (Outdoors)	June/July (Outdoors)
Team 1	Games	Dance	Gymnastics	Outdoor and Adventurous	Bikes/Trikes/Scooters	Athletics
Team 2	Games	Dance	Gymnastics	Outdoor and Adventurous	Bikes/Trikes/Scooters	Athletics
Team 3	Games	Dance	Gymnastics	Outdoor and Adventurous Residential Year 5/6	Bikes/Trikes/Scooters Residential Year 6	Athletics
All	Swimming takes place throughout the year with each class being allocated a block of 7 weeks for lessons at a local pool.					

Wet weather - When there is wet weather during weeks when the children would usually be learning outside, teachers will make a choice about which indoor PE activities will best enable children to make progress with their learning priorities in PE.

Residentials - Residentials have been added to the PE curriculum map as they entail a lot of outdoor adventurous activities (OAA). Year 5 and 6 children will both take part in residential trips with the duration and activities selected being dependent upon pupil needs to support participation.