

Physical Education intent statement

Normanton Junior Academy

The intent of our physical education curriculum is to ensure that pupils:

- Enjoy taking part in physical activity and ***understand*** the positive impact this has on physical and mental wellbeing;
- Develop their ***skills*** in a broad range of physical activities, including running, jumping, throwing and catching, dance, gymnastics, outdoor activities and a wide range of team games.
- Are physically active for sustained periods of time on a daily basis;
- Engage in a range of competitive sports and activities through intra- and interschool competitions, using these to push themselves to further improvement.
- Are able to swim competently, confidently and proficiently over a distance of at least 25 metres.

There are a number of pupils, former and present, who excel at individual sports (such as gymnastics, kickboxing and football), and we facilitate pupils competing outside of school where necessary by authorising external sporting activities.

Physical Education curriculum overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Invasion games Basketball	Gymnastics Invasion games Football	Dance	Invasion games Netball TAG rugby	Invasion games Handball Athletics	Athletics Striking/fielding games Rounders / Tennis
Year 4	Invasion games Basketball	Gymnastics	Dance	Invasion games TAG rugby	Athletics	Athletics Striking/fielding games Rounders
Year 5	Invasion games Basketball Swimming	Gymnastics Invasion games Football Swimming	Dance Invasion games Hockey Swimming	Invasion games Handball Swimming	Striking/fielding games Cricket Athletics Swimming	Athletics Striking/fielding games Rounders Swimming
Year 6	Invasion games Basketball	Gymnastics Invasion games Football	Dance Invasion games Hockey	Invasion games Netball TAG rugby	Invasion games Handball Athletics	Athletics Striking/fielding games Rounders / Tennis