

Lemington Riverside Primary School

Physical Education Curriculum-

Intent and Implementation



Curriculum Intent:

At Lemington Riverside Primary School, we are deeply committed to providing a comprehensive Physical Education (PE) curriculum that fosters the holistic development of our students. We employ the four-corner model in our Physical Education curriculum focusing on Technical, Physical, Social, and Psychological aspects, as we aim to nurture well-rounded individuals. Our PE curriculum is designed to inspire and motivate children to lead active and healthy lifestyles, develop essential physical skills, and foster a lifelong love of physical activity and sport. Situated in a community with diverse needs in Newcastle upon Tyne, we recognise the pivotal role PE plays in enhancing the well-being, academic achievement, and lifelong health of our pupils. Through our teaching of PE, we will provide opportunities for pupils to develop values and transferrable life skills such as fairness, respect and resilience as well as providing them with opportunities to take part in competitive sport. We encourage all students to get involved and have fun.

Our PE curriculum is designed with clear intent:

1. **Whole-child Development:** We believe in nurturing the Technical, Physical, Social, and Psychological aspects of every child through PE. Our curriculum is structured to promote teamwork, resilience, and leadership skills.
2. **Inclusivity and Diversity:** We embrace and celebrate the diverse abilities, interests, and backgrounds of our students. Our PE program offers a range of activities that cater to different skill levels, ensuring that every child feels valued and included.
3. **Health and Well-being:** We prioritize the health and well-being of our students by instilling lifelong habits of physical activity and promoting positive attitudes towards exercise. Through PE, we aim to empower students to make healthy choices and lead active lifestyles.
4. **Cross-curricular Links:** We recognise the interconnectedness of subjects within the curriculum. Our PE



lessons incorporate elements of mathematics, science, and literacy, providing opportunities for cross curricular learning.

Implementation

We provide a broad and balanced curriculum of Handball, Netball, Basketball, Gymnastics, Dance, Dodgeball, Hockey, Football, Tennis, Athletics, Cricket, and Swimming, with a particular focus on the Fundamental skills and how to develop these skills throughout their time at Lemington Riverside Primary School. The long-term plan has been carefully planned to ensure that children are accessing a broad and balanced curriculum that is progressive and skills based. The long-term plan highlights the units that are to be taught throughout the year to ensure that the Early Years outcomes and National Curriculum requirements are met as well as a clear vision of the progression of skills. A typical PE lesson at Lemington Riverside will have three parts and will begin with a clear warm up linked to their current unit of work. The lesson will then progress into a skill-based activity which is linked to the focus of the lesson and children are given many opportunities to practise and develop. The final part of the lesson is where the children will compete in a games-based activity. This could be performing a routine or playing small-sided games.

Importance of an Aligned Route:

A coherent and aligned route from Early Years through to Year 6 is essential for maximizing the impact of our PE curriculum:

- 1. Progression and Continuity:** An aligned route ensures that students' progress systematically from foundational skills to more complex activities as they move through the school. This progression enables students to build upon their knowledge and abilities over time, fostering mastery and confidence.
- 2. Identification of Individual Needs:** By tracking students' development across the primary years, we can identify and address individual needs more effectively. This targeted approach allows us to provide tailored support and enrichment opportunities, ensuring that every child reaches their full potential.
- 3. Smooth Transition:** A cohesive PE curriculum facilitates a smooth transition between year groups, minimizing disruptions and promoting a sense of continuity for students. This continuity is particularly



beneficial for children in our diverse community, providing stability and a sense of belonging as they navigate their primary school journey.

Daily Mile

Additionally, at Lemington Riverside Primary School, we actively participate in the Daily Mile initiative. This program encourages children to walk, jog, or run for fifteen minutes each day, promoting physical activity and mental well-being. By incorporating the Daily Mile into our daily routine, we further emphasise the importance of regular exercise and instil healthy habits that extend beyond the confines of structured PE lessons. This initiative not only enhances physical fitness but also cultivates a positive attitude towards leading an active lifestyle among our students.

Partnerships and Enrichment

We work in partnership with external sports coaches, clubs, and organizations such as Newcastle Thunder, and NUFC foundation to enrich the PE curriculum and provide students with opportunities to participate in specialist coaching, workshops, and competitions.

We encourage students to participate in extracurricular sports clubs, intra-school and inter-school competitions, and community sports events to further develop their skills, confidence, and enjoyment of sport.

Conclusion

In summary, the PE curriculum at Lemington Riverside Primary School is underpinned by a clear intent to promote holistic development, inclusivity, health, and well-being. Through an aligned route from Early Years to Year 6, we strive to provide a progressive and cohesive learning experience that empowers our students to thrive physically, academically, and personally. We are committed to providing a high-quality curriculum that inspires, motivates, and empowers our students to lead active and healthy lives. Through our PE provision, we aim to promote the physical, emotional, and social wellbeing of our students, instil a love of physical activity and sport, and equip them with the skills and attitudes they need to thrive in an ever-changing world.

Mr Carter

PE Lead

