

Physical Education

At Captain Cook Primary School, we aim to provide a PE curriculum from Nursery to Year 6, which develops our children's fitness, health and wellbeing along with the enjoyment of participating in physical activity. Our curriculum is based on the EYFS framework and the National Curriculum for KS1 and KS2.

Implementation

Children in our EYFS classes participate in formal PE lessons once a week where they will learn to develop spatial awareness and to respond to a range of stimulus such as stories, rhymes and music. They will learn how to move their bodies in different ways and to develop gross motor movements through dance, gym and games lessons. Children in our Early Years Foundation Stage are also timetabled through-out the week to use the outdoor climbing apparatus and to visit our forest area to participate in a range of outdoor activities. EYFS children also participate in the Daily Mile activities throughout the week, where they can walk, jog or run to complete the circuit.

The PE curriculum in KS1 and KS2 is taught through the Rising Stars scheme of work, which is in line with the National Curriculum expectations for KS1 and KS2. At our school, each class from Year 1 to Year 6 has access to 2 hours of physical activity each week. The Rising Stars scheme of work is a progressive document which develops the skills children have previously learnt (/?) and allows children to become physically confident across a wide range of physical activities.

In KS2, children will have the opportunity to compete in a range of sporting tournaments organised by the Middlesbrough Sports Partnership. When we compete in school and in inter-school tournaments, we promote the six School Games values of Passion, Self-Belief, Respect, Honesty, Determination and Teamwork. We have an inclusive approach that allows all children to participate in tournaments. Children in KS1 and KS2 are also timetabled to participate in the Daily Mile and to use our forest area for outdoor learning.