

At Kingsway Community Trust we believe all children should have access to a high-quality Physical Education (PE) curriculum and PE should be an integral part of the whole school curriculum. Our Trust recognises the benefits that high quality PE provision and school sport can give to all pupils. We want our children to experience as many different types of movement and sports as possible, and we aim to ensure that by the time our children finish their primary school education, all children understand the importance of exercise to their physical and mental well-being.

Our PE curriculum aims to ensure that all pupils develop physical literacy and the fundamental knowledge, understanding and skills to excel in a wide range of physical activities, by providing a broad & balanced curriculum with opportunities for all. We recognise that the benefits of exercise are huge - affecting your mood, your self-esteem, your sleep, your short-term and long-term health etc – and so we have developed our P.E curriculum to make exercise fun and engaging. Our P.E curriculum is key in the work we do to improve emotional well-being, increase attendance, help develop positive behaviours and key skills such as leadership, confidence, social and team building skills and, therefore, reduce challenging behaviour.

MY PB



Following the First Government Lockdown in March 2020 and the subsequent return to school for all in September, we were really aware that children, generally, had not been as active during that six-month period as they would have otherwise been. We were also looking at the restrictions with space and equipment that Covid had brought. We decided to focus in on developing children's personal competitiveness. Traditionally, P.E has focused on external competition, which can be difficult for some children as they may be less competent. This can fuel negative cycles of engagement and behaviour. Whilst external competition plays a key role in sport, it is something to be used discerningly in the classroom.



We developed several units of work based around this idea of 'My Personal Best'. This is used effectively in many gyms with the chalk wall of PB numbers. Some gyms use a 'ring the bell' once you hit a PB and this is then celebrated by all. We want that culture for our lessons. That a new PB is a cause for celebration!

Each lesson follows a well-structured plan and these have been shared with staff via a video tutorial. These have been filmed by the P.E leads. This modelling - and for pupils to see their teachers setting a high bar - has helped to really engage the children in the new units. By developing

their personal drive through these units, this feeds in to inspiring pupils to succeed and excel in competitive sport and other physically demanding activities.

Within each lesson, there will be a clear focus on intense cardiovascular movement - Anaerobic alongside Aerobic. Once Covid restrictions lift, we will be able to develop greater variation in the range of movements in the HIIT lessons as the halls will be available to be used rather than the lessons being outside on the playground. When this is allowed, movements that use the hands to weight bear (like planks and press ups) would be included too. These are not appropriate on the tarmac, unfortunately.



Each block of work will have 5 tracking points. Like the example below for autumn term.

Skipping (will change each term)	Mile Run (fixed over the year)	HIIT (will change each term)
Tracking speed of skips in one minute	Tracking pace of individual laps as well as full mile	Series of high intensity movements PB tracking around 5 movements.
Skip variations: <ol style="list-style-type: none"> 1. Feet together bounce 2. Alternate Hop left / hop right 3. High knees 4. Criss cross 5. Switch 	Tracking data <ol style="list-style-type: none"> 1. Short sprint (50m) 2. One lap 3. Two laps 4. Half a mile 5. Full mile 	Key movements: <ol style="list-style-type: none"> 1. Jumping jacks 2. Lunge switches 3. Gorilla cross 4. Explosive squats 5. Lateral steps