

Orchard Key PE Concepts



At Orchard Primary School, children learn PE through a concept-based curriculum. Not only does this allow them to gain a deeper understanding beyond solely the topic facts, but concepts or 'big ideas' also allow pupils to make connections between their learning, enabling them to make sense of the facts and the world around them.

As part of our PE curriculum, we involve the use of specific key questions which focus upon factual, conceptual and debatable content. Concepts are returned to throughout the year groups to ensure children have a clear understanding of them, thereby enabling them to be held within their long-term memory.

Please find below are a list of concepts that the children at Orchard Primary School focus upon in PE and our reasoning behind their choice.

Concept	Why learn about this concept?	Year group studied (though may be referred to within other year groups).
Fitness	<p>This concept involves engaging children to develop an excellent attitude towards health and fitness and understand the importance that it has on their everyday lives both in and out of school. Due to the growth of technology, there has been a significant rise in sedentary behaviour and it is important that the children are educated about making positive lifestyle choices throughout their school journey. These choices have a significant impact on developing our pupils physically, socially and mentally. Children are encouraged to be active for at least 30 minutes per day in a variety of fitness related activities such as The Daily Mile and Happy Lunchtime sessions, all aimed at ensuring that the children can develop their fitness over a sustained period of time. Children will be taught specific health and fitness related skills throughout our school, where all children will aim to beat their best each year and achieve results that are both progressive and manageable.</p> <p>Furthermore, every child will develop an understanding of the link between fitness and the choices about what we eat, where we strive to provide nutritious and healthy options at break and lunch times. The children will also discover different ways to keep fit during warm-up sessions in each P.E lesson, where the focus will be placed on ensuring that children know the benefits of each activity and can build up to delivering an activity in upper Key Stage 2. Children will leave Orchard with an understanding of all aspects of fitness which will help them to make individual choices during their transition to Key Stage 3.</p>	Y3-6
Dance	<p>The concept of dance is an area in which children are able to express themselves in a variety of ways. Children enjoy dance as an expressive art form and as a tool for social interaction with their peers. At Orchard, we feel that dance is an important concept to explore throughout all of our year groups, allowing each child to</p>	Y1-6

	<p>develop an understanding of movement, problem solving and self-reflection. Dance is an activity involved in different cultures and traditions around the world and we feel that by explore different dance genres, children are able to have an appreciation of diversity and values within them. Dance is an appealing physical activity for children as they are able improve in a variety of areas of health and fitness and they can transfer these into different areas of P.E.</p>	
Gymnastics	<p>This concept links closely to the concept of dance and both should be used to develop a variety of different skills throughout a child's journey through school life. Gymnastics is a series of exercises that require balance, strength, flexibility, agility, coordination and endurance, all key fundamental skills in the National Curriculum. Children also learn how to act safely and responsibly at all times whether this on apparatus suitable for each year group, or how to conduct themselves in all areas of P.E.</p>	Y1-6
Games	<p>Games are key concept that builds upon teaching of key skills in a variety of different sports. Children are involved with games on a daily basis and will often need to problem solve, apply different skills and work cooperatively with other children. By learning different games early on in their school lives, our children will understand the importance of working effectively with others and the ethics of fair play in all sports. From this, our children will be able to know the rules and tactics in a variety of games and have the confidence to create their own games, whether this is at school or in a home setting. They are able to positively reflect on their performance and that of others and be able to evaluate different ways to improve. Each child is encouraged to try their best and know that this is good enough, especially in competitive situations at school and competitive events.</p>	Y1-6
Athletics	<p>Athletics is a concept that involves combining a broad range of skills and learning to use them in an effective way. Children are encouraged to achieve their personal bests and understand the importance of improving in different disciplines of the sport. By learning key fundamental skills, the children will apply these in a variety of running, jumping and throwing events. As they develop into Key Stage 2, each child will evaluate their own performance and that of others and are enabled to suggest different ways to improve.</p>	Y1-6
Swimming	<p>At Orchard Primary, we understand the importance of ensuring that all of our children have the opportunity to strive to swim competently, confidently and proficiently over a distance of over 25 metres. Even though we have a number of different swimming pools in the local area, many children arrive at school with limited experience in the water and it is important that this concept is explored to give our children confidence in a variety of different situations. Upon leaving Orchard Primary, children will have the</p>	Y1-6

	required confidence to successfully apply a range of techniques to ensure they are water safe at all times.	
Outdoor Adventurous Activities	Outdoor Adventurous Activities (OAA) play a part in each and every child's lives, whether this is navigating their way to school or working successfully with others. Its main aim is to highlight the need for children to explore the outdoors and develop a range of skills they might not be able to indoors. It is essential that the children are given the chance to experience new and exciting activities, challenging them both mentally and physically. At Orchard, we aim to improve each child's personal and social development through team exercises and activities and teach them about the importance of leading a healthy lifestyle. Through each activity, children can apply previously taught skills in P.E such as balance, control, throwing and catching in connection with aspects of leadership and safety. By exploring OAA activities, the children will leave Orchard with developing relationships and social skills.	Y1-6
Fundamental Movement Skills	Fundamental movement skills are the building blocks of movement and a core element of physical literacy. At Orchard, we are aware of the importance of these skills not only on the physical development of a child, but also towards a life-long commitment to physical activity. Without proficiency in skills like throwing, catching, kicking, leaping and balancing, children are less likely to explore the range of options available to them to establish and maintain active lifestyles. Children will build on these core skills throughout Key Stage 2 and beyond their school lives.	EYFS-Y2