



Knowledge Organiser EYFS

Knowledge Organisers KS1

National Curriculum Aims

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*Extra-Curricular
Activities*

*P.E
'Be Fit'*

Our Active Day

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Inclusion

Vocabulary

All Subjects

'Be Fit'



At Trenance we follow the mantra of Be Fit- Fit mind, Fit body, Fit me. What this means for the children at our academy is we look at the whole person when teaching what was called Physical Education. We first focus on the mind, exploring mental health and mental health awareness using our RSHE program and through mindfulness and meditation type activities, such as Yoga. We strive to ensure that all children are comfortable in themselves and have a clear understanding of their entire body and mind. We then look at 'what is a fit body?'

This is not simply teaching sport and games but looking to why exercise and being 'healthy' is key to lifelong wellbeing. We want our children to understand that there are many different ways to do this, be it through Rugby, Football or other sports and physical activities like golf, archery, dodgeball and running, all of which, along with many others, are taught at Trenance. This is where more formal lessons are taught, focusing on the core skills of coordination, agility and balance and building on strong fundamentals. As the children progress through the school they will be taught a wide range of different skills and sports to fit the ever changing availability of sports in our local area and Nationally. At Trenance we pride ourselves on thinking 'outside the box' when we teach PE to Infants. They get the chance to fence, ride balance bikes, release arrows, row a canoe and swim in the sea as part of their regular physical diet. [\(Continued on next slide.\)](#)

'Be Fit'



These are all embedded within our established PE curriculum that uses the National Curriculum as a guide. Outside of set 'Be Fit' lessons our children will take part in regular exercise activities. This includes a daily dash around the perimeter of our outside area as well as in class HIIT sessions and/or yoga. As our children move through our Academy we embed the idea that having a love of exercise is important for our own health. This exercise can, and often does, include a particular sport, however it can be individual as well, for example running or swimming. We have close connections with our local community and promote local sports, such as Surf Life Saving, Surfing, Gig rowing, skateboarding as well as football rugby and more mainstream sports.

We want our children to leave Trenance knowing the importance of 'Be fit-Fit mind, Fit body, Fit me' and have a real passion for keeping themselves active throughout their entire lifetime.

Be fit Overview

<p style="text-align: center;">Intent</p> <p style="text-align: center;"><i>(curriculum design, coverage and appropriateness)</i></p>	<p style="text-align: center;">Implementation</p> <p style="text-align: center;"><i>(curriculum delivery, teaching and assessment)</i></p>	<p style="text-align: center;">Impact</p> <p style="text-align: center;"><i>(attainment and progress)</i></p>
<ul style="list-style-type: none"> ● <i>Our aim of the P.E curriculum is to ensure that all children are physically active and physically literate.</i> ● <i>We believe fast paced and exciting high quality P.E lessons inspire children.</i> ● <i>All of our lessons are well structured, building on skills taught previously or through the skills development stage of the lesson.</i> ● <i>The children are equipped with the vocabulary to understand the different parts of the body affected by exercise and the different movements that they do during the lesson itself.</i> ● <i>Lessons provide opportunities for children to support, evaluate and challenge themselves to beat their own personal best or to compete with one another.</i> ● <i>We believe that children have every opportunity to access many different skills or sports. This will happen through inter-house or inter-school competition as well as a range of different clubs.</i> 	<ul style="list-style-type: none"> ● <i>To ensure that high quality P.E is taking place throughout the whole school we implement a curriculum which is progressive from EYFS through to Year 2.</i> ● <i>P.E lessons are planned through the Get Set 4 PE online scheme with a focus on skills progression.</i> ● <i>P.E lessons have a strong focus on step by step skills progression leading to a different games.</i> ● <i>The subject leaders work closely alongside teachers through model lessons and pop-ins to ensure that knowledge and skills within P.E lessons are progressive through the school.</i> ● <i>Pupil conferencing is used across all of the year groups to assess the children's knowledge and skills of what they have learnt through their topics.</i> 	<ul style="list-style-type: none"> ● <i>Children to be physically active - choosing to put maximum effort into all sporting activities.</i> ● <i>Children will be able to use key vocabulary when discussing Physical Education and Physical activity.</i> ● <i>Children will understand and use the key skills: Coordination, Balance and Agility in all lessons.</i> ● <i>Children will feel inspired and have the desire to take part in active extra-curricular clubs (in or out of school).</i>

National Curriculum Aims

Aims

The national curriculum for physical education aims to ensure that all pupils: develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports and activities lead healthy, active lives.

Pupils should develop:

- fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.

Swimming and water safety

- All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.

Extra-Curricular Activities

Sports Clubs



Multiskills
Ball skills
Football
American Football
Dodgeball
Archery
Rugby
Quidditch
Rangers
Tennis
Netball
Active Club



Inclusion

Inclusion means that, 'All' children, regardless of ability or disability, have the right to be respected and appreciated as valuable members of the Trenance community, fully participate in all school activities, and interact with all their peers.

Inclusive physical education and physical activity:

- *Includes students with disabilities in regular physical education classes. Specifically, teaching strategies, equipment, environments, and assessments have been adapted to meet the needs of all students.*
- *Supports students with disabilities who want to participate in other physical activities before, during, and after school.*
- *Encourages students with disabilities to have the same roles and experiences as their peers who do not have a disability during physical education and other physical activities.*

At Trenance:

Our PE ('Be Fit') Curriculum is ambitious and always adapted to meet the needs of individual children. Communication with each teacher, Heads of Year groups and our SendCo ensure that the Curriculum suits each child at Trenance.

Be fit Overview