Cambridge Primary Physical Education
Curriculum outline

Available to teach from September 2019
Physical education is a vital part of a balanced school curriculum. Regular exercise improves both physical and mental health and there is growing evidence that it improves academic performance across the curriculum. Establishing good patterns of exercise in primary schools also provides learners with the foundation of an active and healthy lifestyle for life.

**What will students learn?**

Cambridge Primary Physical Education is about learning to move and about moving to learn. Learners develop movement skills through a wide variety of age-appropriate physical activities, including games, team sports, gymnastics and dance. They will improve their coordination, flexibility, speed, stamina and strength. This course develops important social skills such as taking turns and sharing, as well as an understanding of leadership, collaboration and fair play through a range of team and group activities.

Cambridge Primary physical education learners will:

- develop their confidence, moving with increasing control, fluency and variety
- improve their understanding of concepts, rules, tactics, strategies and compositional ideas
- participate as individuals and group members in respectful and responsible ways, engaging appropriately and safely
- improve knowledge and understanding of how physical education can contribute to a healthy and active lifestyle
- develop transferable skills promoting physical, cognitive and social development, and become independent, critical and reflective movers and thinkers.

Students develop the collaborative and leadership skills that will help with many aspects of their future learning and development. The course supports progression to the next stage of the Cambridge Pathway.

**The curriculum and progression**

Cambridge Primary Physical Education includes a comprehensive set of learning objectives that provide a structure for teaching and learning, and a reference against which learners’ attainment and skills can be checked. These learning objectives are divided into six main areas called ‘strands’ that can be taught separately or together. We have designed learning objectives to ensure progression in learning from Stage 1 to Stage 6 and onwards into Cambridge Lower Secondary. Here are some examples of how knowledge, understanding and skills progress across the stages:

<table>
<thead>
<tr>
<th>Strand</th>
<th>Stages 1–3</th>
<th>Stages 4–6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moving well</td>
<td>Practise and refine basic movement skills.</td>
<td>Practise, refine and consolidate a broad range of movement skills.</td>
</tr>
<tr>
<td>Understanding movement</td>
<td>Describe own and others’ movement using simple activity-specific vocabulary.</td>
<td>Describe own and others’ movement using some activity-specific vocabulary and be able to identify more and less effective movement.</td>
</tr>
<tr>
<td>Moving creatively</td>
<td>Explore a variety of movements and movement patterns that begin to demonstrate creativity.</td>
<td>Show creativity and innovation in a range of individual, group, expressive, competitive and cooperative contexts.</td>
</tr>
</tbody>
</table>
How is the programme taught?

Cambridge Primary Physical Education is taught through a broad range of tasks, challenges and physical activities. It includes cooperative, competitive, athletic, adventurous and health-based contexts that are appropriate for each learning stage. Learners will move for as much of each lesson as possible, with activities designed to promote their confidence, self-esteem, cognitive abilities and social skills.

We provide a wide range of support to help deliver Cambridge Primary Physical Education, including suggested activities that can be adapted to suit a range of contexts and resources.

How are students assessed?

The emphasis of Cambridge Primary Physical Education is for teachers to focus on formative feedback on the understanding and skills they want students to develop. This subject should be assessed in the classroom through discussion, observation and lesson outputs where teachers discuss with students ‘what went well’ and how they can improve further, so they can reflect on, and improve, their performance.

There are no Cambridge Primary Progression Tests or Checkpoint in this subject. To support assessment, we have produced guidance that is available on the Cambridge Primary support site.

Support to help you deliver the course:

Teaching support

- Curriculum framework – outlines the structure of the curriculum, specifying how learning is organised.
- Teacher guide – support to plan and deliver lessons using effective teaching and learning approaches.
- Schemes of work – one for every stage; contains a suggested long-term plan, a medium-term plan and sample lesson plans with suggested teaching and learning activities and projects.

Go to https://primary.cambridgeinternational.org

Community

- Online forum – ask questions about the curriculum or share ideas, challenges, resources and best practice with other Cambridge teachers.
- Local networks/schools.
- Social media.

Online training – tutor-guided, this allows teachers to study at their own pace (February 2020 onwards). Learn more at cambridgeinternational.org/training

Assessment support – to support the delivery of assessment in the classroom. Learn more at https://primary.cambridgeinternational.org
About Cambridge Primary

Cambridge Primary starts learners on an exciting educational journey, setting out what they should be able to do at each stage of their primary education. Typically for students aged 5 to 11 years, it develops young learners who are confident, responsible, reflective, innovative and engaged. The programme offers a broad curriculum with 10 subjects including English, mathematics and science.

Schools can shape the curriculum around their learners, with flexible ways to offer a wide range of subjects. For more information about how to implement Cambridge Primary in your school, visit Implementing the Curriculum with Cambridge on our website at www.cambridgeinternational.org/implementing-curriculum.

Learn more! Visit cambridgeinternational.org/primary to find out more and register for the programme.