

Physical Education at The Federation of Priddy and St. Lawrence's C of E Primary

Rationale

At the Federation of Priddy and St. Lawrence's we recognise the importance of high-quality physical education and the role it plays in promoting long term healthy lifestyles. Our PE curriculum intends to inspire all pupils to succeed and excel in competitive sport as well as participating in fun and engaging sports activities. We provide opportunity to our pupils to become physically confident in a way which supports their health and fitness and develop a passion for sport and physical activity. Through the delivery of our PE we aim to build every child's character and help embed valuable, transferable life skills such as fairness and respect.

Knowledge Choice

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

Progression in PE involves developing skills and knowledge through:

- ❖ Engaging in an increasing range of different sports and activities that require a wider range, and more complex, skills
- ❖ Increasing their ability to engage in sustained physical activity
- ❖ Taking part in a wider range of competitive events

End Points

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 cooperative physical activities, in a range of increasingly challenging situations.

Key stage 1 Pupils should be taught:

- ❖ 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.

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Key stage 2 Pupils should be taught:

- ❖ use running, jumping, throwing and catching in isolation and in combination

- ❖ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- ❖ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- ❖ perform dances using a range of movement patterns
- ❖ take part in outdoor and adventurous activity challenges both individually and within a team
- ❖ compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- ❖ 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.

Intent

At Priddy at St. Lawrence's Federation puts physical activity at the heart of developing a healthy lifestyle. We believe that P.E. and developing an enjoyment of sport is key to adopting a healthy mind and body throughout life. Our aim is to deliver a curriculum that enables our children to develop skills to find success and enjoyment in a range of physical activities. This will enable them to be ready to develop positive attitudes, skills, and fitness and potentially engage in elite sports as they progress to secondary school.

Teaching children to become agile, confident, sports participants is a motivating and exciting part of what we do at the Federation of Priddy and St. Lawrence's. We have many opportunities for sports participation at a range of levels and being physically active both within the curriculum, as well as during extra-curricular activities.

We want children to explore a range of sporting activities to:

- ❖ Discover the activities they gain enjoyment from
- ❖ Develop physical skills and agility
- ❖ Wish to pursue, in order to maintain a healthier lifestyle both physically and mentally

P.E. will prepare our children to understand the importance of physical fitness and agility. As well as the confidence to have an involvement in the wider community.

Implementation

P.E. is planned through Get Set 4 P.E. to cover all National Curriculum objectives through a variety of sports. Each child receives 2 hours of curriculum time PE on a weekly basis which is carefully planned and mapped out to ensure a broad and full range of skills and activities. These sessions are delivered by our PE specialist Mr. Hole.

Swimming lessons are delivered by Kings of Wessex School in Cheddar. All children in KS2 are taught to swim competently, confidently and proficiently over a distance of 25m using a range of strokes.

In addition to PE in curriculum time, we also strive to provide opportunities for children to access extracurricular physical activity through a wide range of sporting and active clubs at both KS1 and KS2.

Impact

Assessment of skills, identified within the P.E. National Curriculum, is carried out lesson by lesson. The Get Set 4 P.E. scheme has clear success criteria for each lesson enabling staff to identify skills acquired and plan future lessons to build on those skills. Children are encouraged to peer assess, offering constructive feedback to aid further development during each lesson.

These judgements will be quality assured by our subject specialist using first-hand evidence of how children are doing, drawing together evidence from lesson observations, evidence through photographs and pupil voice to monitor ongoing progress.

Assessments will inform the curriculum and whether children are ready for the next stage in the curriculum.

As an Athlete leaving The Federation of Priddy and St. Lawrence's, every child will:

- ❖ Have a passion for sport and physical activity
- ❖ Be physically confident and have developed a strong character
- ❖ Have built valuable transferable skills such as leadership, communication, teamwork, fairness and respect
- ❖ Have developed competence to excel in a broad range of physical activities
- ❖ Be able to be physically active for sustained periods of time
- ❖ Engage in competitive sports and activities
- ❖ Lead a healthy and active lifestyle
- ❖ Be able to assess and evaluate their own and others performances, identifying what went well and how they can improve.