

Ellwood Community Primary School

Believe, Achieve, Belong



Physical Education

As athletes we are active, healthy and display good sportsmanship.

Introduction

'A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.'

National Curriculum in England 'Physical Education' programme of study (DfE

Published 2013)

Intent

At Ellwood Community Primary School, we believe that Physical Education is a crucial element of the curriculum. We aim to ensure that our children are physically active and to develop their knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education also promotes an understanding in children of their bodies in action, involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. We intend to create the maximum opportunity for participation within a broad, balanced and creative Physical Education programme. Whilst providing the programme, we must maintain our awareness and sensitivity to the individual requirements of our pupils.

The aims of our PE curriculum are to develop pupils who

- Are physically active and able to make informed choices about physical activity throughout their lives
- Engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance

	<ul style="list-style-type: none"> • Are willing to practice skills in a range of different activities and situations, alone, in small groups and in teams, and to apply these skills in chosen activities to achieve high levels of performance • Employ imagination and creativity in their techniques, tactics and choreography • Observe the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators • Take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others • Know how to cope with success and limitations of performance • Are able to improve their own and others' performance • Develop an understanding of the effects of exercise on the body and lead a healthy lifestyle which is achieved by eating sensibly, being aware of the dangers of drugs, smoking and alcohol and exercising regularly • Can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water.
Implementation	<p>Planning</p> <ul style="list-style-type: none"> • Long term: National Curriculum and the EYFS framework is used to ensure children cover all areas of the EYFS and National curriculum and to imbed skills and knowledge. The years 1 – 6 are taught on a three year rolling programme due to mixed aged classes. The three year rolling programme has been carefully designed to ensure units are taught in a progressive order and consideration has been made for weather to avoid disruption to lessons. We will review our long-term plan on an annual basis. • Medium term: • Teachers use the scheme 'Get Set 4 PE' to support their medium term planning and use the Skills and Knowledge objectives which are broken down into Year groups to ensure lessons are clearly differentiated. To enhance our curriculum and to give children life skills we have a number of providers that support our curriculum through teaching, gymnastics, dance, yoga, biking, cricket, swimming and multi-sports. <p>Teaching and learning</p> <ul style="list-style-type: none"> • Children and parents are given a termly overview of the physical activities and sports to be covered • Through our teaching, we ensure that our children are physically active and develop their knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities • We will develop deep subject knowledge and key skills while differentiating tasks for all abilities and year groups • Children participate in two PE lessons each week. In addition, children are encouraged to participate in the varied range of extra-curricular activities • Children are invited to attend competitive sporting events within the local area. This is an inclusive approach, which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children • Each year a small group of Year 5 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs. Year 6 children are voted as house captains who help run our annual Sports day and assist at any other sporting activities, including the local nursery sports day

	<ul style="list-style-type: none"> • Children participate in workshops covering a variety of sports throughout the year. For example, archery, golf and cricket provide the children with an opportunity to develop, improve their fitness and to try something new • The children participate in a 'Daily Mile' • We use a range of local professional providers and coaches to enhance and support our delivery of PE. <p>Assessment</p> <ul style="list-style-type: none"> • Ongoing assessment during lessons and from tasks completed informs planning for lessons, coverage recorded on skills and knowledge overview and pupil's progress on Insight Tracker • Monitoring of teaching and learning by subject lead will include planning scrutinies and lesson observations to ensure appropriate coverage of curriculum and differentiation is in place
Impact	<ul style="list-style-type: none"> • Children enjoy PE lessons and extra-curricular clubs and participate with enthusiasm • Children are physically active and understand the effect of exercise on the body and how to lead a healthy lifestyle • Children observe the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators • Children are able to discuss their performance and explain how to make improvements • Children are given the opportunity to become young sports leaders, helping to organise and officiate sporting events • Children can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water • Children learn lifelong skills