

Lydney C of E Primary School

'A caring Christian community where every child achieves a love of life and of learning.'

Physical Education

Trust, Friendship, Respect, Forgiveness, Courage, Truthfulness

Intent

At Lydney C of E Primary School we believe that all children, irrespective of their level of physical ability, have the right to reach their full potential in physical education and achieve enjoyment and success at their own level.

All children are encouraged to develop:

- control, co-ordination and mobility.
- skill and confidence in a range of physical activities and sports.
- an awareness of physical capabilities of their own body.
- co-operation and team work skills.

Through PE lessons, we intend to improve the knowledge, skill and understanding of exercise and sports, so children can perform with increasing competence and confidence in a range of physical activities. This in turn will help them understand how the knowledge and skills can be applied in their own physical activity and healthy lifestyle. We follow the Get Set 4 P.E lesson plans and schemes of work.

Children will achieve age related expectations in PE and we aim to achieve 100% participation at all ages. The pupils will enjoy their lessons and will seek additional extra-curricular activities both in school and out. Through inter-school competitions, individuals and teams will gain achievement and recognition which is wildly celebrated in school.

We ensure that we provide a safe and supportive environment for children to enjoy opportunities to become physically confident, in order to support their health (physical and mental) and fitness. We hope to instil a love for exercise and sport in all children.

PE at Lydney C of E is about introducing children to the world of sport which, combined with an enjoyment of exercise, will hopefully provide the foundations for a healthy, active lifestyle.

Underpinning our Physical Education curriculum are our Christian values: trust, friendship, respect, forgiveness, courage and truthfulness and curriculum drivers.

All curriculum areas, including PE, are shaped by our drivers - Belonging, Well-being, Spirituality, World Aware, Possibilities.

Trust, Friendship, Respect, Forgiveness, Courage, Truthfulness

- **Belonging**

Physical activity and sports within our federation is a vehicle for bringing children together. It not only makes friendship groups stronger, but can also be a way of creating inclusiveness and acceptance where it otherwise may not exist. A sense of belonging for individuals can be created in paired work, group work and team sports and events. Outdoor education enables peers to achieve common goals and helps them to develop and strengthen their friendships, apply social skills such as negotiation, conflict resolution and diplomacy.

- **Well Being**

Physical Education within our federation aims to promote an active, healthy and enjoyable lifestyle. Our lessons reinforce the importance of exercise and the impact it can have on our health and lifestyle. We encourage our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout their school life and beyond.

- **Spirituality**

During PE lessons children can develop a sense of enjoyment and fascination in learning about themselves, their bodies and its movement. Pupils are consistently encouraged to use their imagination and creativity in their learning and translate this into performances and routines in both dance and gymnastics.

- **World Aware**

Individuals and teams from the world of sport are used as examples of hard work, dedication and determination in physical education. These people are celebrated around our schools. Sporting events around the world are often highlighted to the children to show how far and wide Physical Education has its place.

- **Possibilities**

Children within the Key Stage 2 are regularly given the opportunity to partake in sporting competitions and this often leads to the participation in larger scale sporting events. Children who demonstrate advanced skills during PE lessons or clubs are, where possible, are signposted towards external support through local clubs and coaches.

The lessons we teach have an intention of providing a high-quality, coherent and progressive experience of the subject, with scope for cross-curricular learning.

Trust, Friendship, Respect, Forgiveness, Courage, Truthfulness

Implementation

Here at Lydney C of E, a varied PE curriculum is in place to support this. We ensure that all Early Learning Goals, KS1 and KS2 National Curriculum outcomes are fully delivered by using the Getset4pe scheme of work. Using this scheme enables the school to be confident that all teaching is building on knowledge and skills and giving our children a secure foundation for their next phase of learning. Our physical education curriculum is delivered through a combination of skills based and sports-based opportunities. Agility, balance and co-ordination drive the PE curriculum in EYFS and Key Stage 1, providing all children with the basic fundamental movements and skills required in all areas of sport. In Key Stage 2, the focus becomes more sports based where children can develop their skills further. Classes are introduced to a variety of sports which are built on year on year. This prepares them with a wide range of skills to support them in the participation of sports at primary school, school competitions and clubs out of school. We know that learning takes time, and PE is no different. We try to give pupils enough time to revisit and practice prior learning before moving on.

Each week pupils at Lydney C of E participate in at least 2 hours of high-quality PE and sporting activities. Our PE programme incorporates a variety of inclusive sports (eg archery and golf) and activities to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. They will be encouraged to use subject specific vocabulary when discussing and evaluating their own and others performances. This vocabulary is displayed for children to use.

In all classes, children have a wide range of physical ability. Recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child and in doing so raise pupil's health and fitness levels, improve skills and develop pupil's resilience, teamwork and perseverance. Teachers and one to one teaching assistants use the STEP framework in order to ensure inclusivity and adapt lessons (Space, Task, Equipment and People) accordingly.

We provide opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also well-being. The school aims provide these opportunities to all children, including SEND children.

Trust, Friendship, Respect, Forgiveness, Courage, Truthfulness

EYFS

Fundamental movement skills are encouraged throughout continuous provision daily. Children are encouraged to be physically active in the outside area and equipment is available them to explore and develop physically.

Gross motor skills are taught explicitly through PE sessions that encourage the acquisition of key movement skills, co-ordination and teamwork. Children partake in daily activities to develop fine motor skills and these are further developed through regular enhanced provision activities.

All pupils have at least 2 hours of planned physical exercise each week. This includes activities such as Yoga, Woodland Explore and use of the outdoor area linked to the classroom.

KS1 and KS2

All pupils have at least 2 hours of planned physical exercise each week.

All children have the opportunity for physical activity during lunchtime breaks, led by our lunchtime supervisors.

PE is further supplemented by the use of the Daily Mile – This initiative gets children out of the classroom for fifteen minutes every day to walk, run, skip, hop etc at their own pace, with their classmates, making them fitter, healthier, and more able to concentrate in the classroom. During lessons, teachers also use the Daily Mile as an opportunity to re-energise pupils as well as increasing their physical activity.

Pupils from Year 4-6 attend weekly swimming lessons at various times throughout the year at Freedom Leisure swimming pool. The pupils also gain additional exercise by walking to the swimming pool.

Year 5 and 6 have an annual residential trip during March and June in which they undertake a series of physical and challenging activities, including: assault course; low ropes to high wires; climbing wall; tree climb; abseiling; kayaking; raft building; archery.

Trust, Friendship, Respect, Forgiveness, Courage, Truthfulness

During the Summer term Sports Days are held for EYFS and KS1/2 covering a wide range of sporting skills together traditional sporting activities. The focus during these events is participation, however the element of competition is still encouraged through gaining points for your house and through individual races.

Inclusion, Quality First Teaching and Intervention:

Children who have a 1:1 adult, have direct support from their dedicated teaching assistant to help, support and encourage them in PE lessons when needed.

We aim to provide opportunities for those who are less active and pupil premium/SEN children. In the past we have done this through clubs such as archery, events such as introduction kayaking and also through events organised by Forest School Games.

The Fizzy programme is incorporated into the start of PE lessons for children who need extra gross motor skill practice.

Extra-Curricular Provision:

A variety of sports clubs are led by school staff and visiting professionals. These clubs change on a termly basis and all year groups are given the opportunity to attend clubs aimed at their age group.

Many children will have given the opportunity to compete in inter-school competition in a wide range of sports that have been focused on either in PE lessons or through after school clubs.

Intra-house competitions take place on a half-termly basis for KS2, giving tree houses the opportunity for friendly competition against each other. Each half term a different sport or area of the curriculum is the focus of the competition.

Trust, Friendship, Respect, Forgiveness, Courage, Truthfulness

Impact

Children will have a mentally and physically healthy lifestyle. They will enjoy sport and try hard to achieve their best in all of the activities they participate in. All experience a range of sports through PE lessons and be confident to compete against their peers. Many will seek additional extra-curricular activities both in school and out.

Each individual understands how their bodies respond to exercise and how keeping fit will benefit their lives. They will recognise their own strengths and weaknesses and be clear upon which sports they themselves prefer playing. They will show perseverance and resilience when working on those skills that they find most difficult.

Children will gain the social skills to work as a team and also self-critique their own performance whilst using the correct vocabulary. All pupils will experience winning and losing and know how to behave in each situation. This will develop their knowledge of their own emotions.

Children will participate in physical activity (both in and out of school) in a fair and co-operative manner, always aiming high and respecting others for doing the same. They will feel a sense of pride in their participation. Children of all ages will apply the school values of trust, friendship, respect, forgiveness, courage and truthfulness in all sporting activities.

Trust, Friendship, Respect, Forgiveness, Courage, Truthfulness