

SUBJECT ON A PAGE:

PE

At Spring Grove Primary School, we believe PE & Sport plays an important role in the potential to change young people's lives for the better. Children develop the competence, knowledge and understanding of how to stay **healthy and fit both physically and mentally**. They are also intrinsically motivated to find a way of being active that they can enjoy and maintain **throughout their life**.

Intent - We aim to...



Provide all children with a high quality PE education. PE should reduce inequalities and provide all children with the knowledge to be able to participate.

Children are allowed to flourish at every stage of their education, through developing enjoyment, competence and motivation.

Children develop an understanding of the health benefits of physical activity and the skills to keep them safe, such as swimming.

Children compete against others in an appropriate way, understanding how to be an effective team player.

Children have the opportunity through PE and sport to build character and help to embed values such as fairness and respect.

Implementation - How do we achieve our aims?

Our Curriculum

In accordance with The National Curriculum, we provide a carefully planned **broad and balanced** physical education curriculum using the *Getset4pe* scheme, that develops pupils' **confidence** to try new activities as well as enhancing their existing skills in a diverse range of environments and experiences. Adults avoid any form of "put down" or humiliation of a child who is not achieving, creating an environment so children will have the confidence to attempt, thus develop their skills. We promote a **love and passion** for PE and encourage every child to enjoy participating in a variety of sports. Spring Grove has a whole school approach to PE assessments that includes tackling obesity, mental health and inclusion. **Progression** is measured by observing children's self motivation and participation in PE lessons and monitoring how they become confident, creative and reflective movers. We also monitor each child's ability to master PE skills and develop as a team player in uncompetitive and competitive team sports situations. We use *Getset4pe* **assessments** for each year group.



Strong Foundations

Motor skill competence is mastery of physical skills and movement patterns that enable enjoyable participation in physical activities. The curriculum is designed to support the development of these competences from EYFS up to Year Six. Children are also encouraged, through a programme of **active learning**, to be engaged in physical activity throughout the day. The outdoor learning area is well equipped with a range of equipment and outdoor play equipment. Children also learn about the **health benefits** of physical exercise, a **healthy diet**, and talk about ways to keep **healthy and safe**.

Key concepts



Development of Key Skills

We recognise that there are a number of skills that children learn in PE. However, we have identified some that we feel are **key skills**. These are transferable across different aspects of PE and different age groups. Our key skills also link well with the six School Games Values, and these links are identified below.

A Consistent Approach

The curriculum is designed carefully so that children develop the necessary skills and competences to allow them to participate in all sports and activities. In EYFS and KS1, children develop **fundamental movement skills**, becoming increasingly confident and access a broad range of opportunities to extend their **agility, balance and coordination**, individually and with others. In KS2, children continue to apply and develop a broader range of skills, learning how to use them in different ways. They develop their **communication** skills learning how to **collaborate** and **compete** with each other. Children learn how to improve in different physical activities and sports and learn how to **evaluate** and recognise their own **success**. The topics covered in PE fall under the following categories:

- **Preserving**
- **Collaborating**
- **Reflecting**
- **Communicating**
- **Taking responsibility**



This clear link ensures that when children take part in School Games events outside of school, our key skills have prepared them well for the six values.





Implementation (continued)



High Quality Teaching and CPD

Staff are supported by the PE lead and specialist external *Sport Impact* coaches to further develop their **subject knowledge** and confidence ensuring that our children have access to a high quality PE curriculum. Teachers have the opportunity to **team teach**, have access to **mentoring**, are able to **observe** others and are supported with **planning** using the *Getset4pe* scheme. We also use specialist external *Sport Impact* coaches to support staff in the delivery of **leadership programmes** for children in KS2.

Learning Outcomes

Children in KS1 develop their: **movement skills** and apply these in a range of adapted activities and games; the fundamental movement skills of **agility, balance** and **coordination** through a variety of gymnastic, dance, and outdoor activities; simple **tactics**, such as attack and defence through adapted games and learn to **work independently, cooperatively** and **communicate** with others through teambuilding activities.

Children in KS2 develop their: running, jumping, throwing and catching to develop **core skills**; play **competitive modified** striking and fielding, net and wall and invasion **games** and apply basic **tactics** for attacking and defending through these games; develop flexibility, **strength, technique, control** and **balance**; use a range of movement patterns to perform dances and explore a wider range of movement; learn how to **improve** in different physical activities and be able to **evaluate** and recognise their own skill levels and that of others as well as developing their **leadership skills** by leading, motivating or supporting others during PE lessons.



Strong Vocabulary Development

Strong vocabulary development is deliberately and carefully planned throughout school, starting at EYFS. Correct terminology is **introduced, rehearsed** and **repeated**, so that it becomes part of children's long term memory and they are able to use it **independently** and **confidently** to describe what they are doing. Teachers understand where children have met the vocabulary previously, so they are able to support their retrieval.



Swimming

Children in Year Four participate in a weekly, differentiated, thirty minute session to enable their best progress. The focus of the swimming instruction is to teach pupils 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**. The safe self-rescue instruction is taught in Year Four for those who can swim 25metres competently.

Wider Sports Opportunities

We provide opportunities for children to **engage in sport** before, during and after school. Throughout KS2, our children are given the opportunity to participate in a wide range of sporting events and competitions. For some events whole year groups take part, and for others, teams are chosen to attend. Children in UKS2 are able to participate in our **Play Leaders Programme** and are taught suitable new games and activities which will enable them to lead small groups of younger children at lunchtimes in the playground under supervision. Participating in the programme supports the development of a child's: **leadership, communication, teamwork** and **organisation** skills and they become more aware of how to become **good role models** to younger children.

Timetabling

Each class is allocated two hours a week for PE lessons and are accessed all year round no matter what the weather conditions. Lessons take part in our own sports hall, arena, school field or local swimming pool.

Play and Engage

Nursery parents are offered the opportunity to attend a play and engage course where both the child and the parent or carer, explore play, movement and physical activity skills together. Children develop their fundamental movement, (including agility, balance and coordination and physical literacy). Along with developing their confidence, listening skills and their ability to follow instructions, these sessions will also develop the child's, parent and school relationship through structured play.



Impact - How will we know we achieved our aims?



Children are competent in a variety of sports through quality teaching that is engaging and fun.

Children can use the correct terminology, with confidence, to describe what they and their peers are doing.

Children understand the importance of regular physical activity plus how to be fit and healthy throughout their life.

Children have developed skills such as resilience, self-discipline and the ability to be a good team player.

Children have had the opportunity to represent and compete against others in a competition.

Children have a love of PE and sport and maintain the enjoyment of them throughout their life.

