PE AT SHIPLEY

# Friendship, Faith, Future

**SUBJECT: PE**

**NATIONAL CURRICULUM**

# Purpose of study

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.

# Aims

The national curriculum for physical education aims to ensure that all pupils:

♣ develop competence to excel in a broad range of physical activities

♣ are physically active for sustained periods of time

♣ engage in competitive sports and activities

♣ lead healthy, active lives.

**INTENT**

We encourage children to develop a positive attitude towards achieving in physical activity so they can enjoy a healthy lifestyle. Children’s experience of PE must be positive and engaging. A wide range of sports will allow children to experience the team and individual strategies and tactics, so they can become more proficient. We work together to ensure the individual needs of each child are recognised and their talents and skills nurtured, to enable them to be successful and confident.

Team work, competition and co-operation encourage a strong sense of respect and responsibility. Children need to be exposed to rules and handicaps to be able to develop their sense of fairness. Children gain a range of physical, social, emotional and intellectual benefits. Physical activity opportunities can be provided through health and physical education activities, sport, recreation and games. By developing healthy habits at an early age, children will be more likely to continue being physically active throughout the rest of their lives.

The school works in in partnership with the locality primary schools and The Weald secondary school to organise and participate in events and competitions in a range of sports. The Sports Premium grant is used to provide additional and sustainable PE and sports activities at school. We aim to maintain our School Games Gold Award but look ahead at the Platinum Award for the future.

**IMPLEMENTATION**

The long term plan is designed and monitored by the PE subject lead, working in partnership with teachers and outside providers Pupils participate in at least 2 hours of high-quality PE lessons each week, covering one or two different sports/ skills focuses each half term. All PE lessons are planned so that the lesson can take place whatever the weather using the hall, playground or field as appropriate. Children have experience of team building, athletics, games, dance, gymnastics and outdoor adventurous activities.

Children in KS2 access swimming course at least twice during KS2 and we provide additional lessons for those who are not able to swim 25m by year 6.

Sporting activities are on offer every lunchtime and sports leaders run activities for younger children. Children are encouraged to stay active at break and lunch times and can access a variety of equipment to use at these times.

Our Locality Stars School Group deliver Taster Sessions and Tournaments across Key Stage 1 and 2 throughout the year in a range of sporting activities. 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 children.

Intra schools events take place regularly. We encourage and support participation in local sports clubs by inviting local coaches within our community to lead taster sessions during this week as well various opportunities across the school year. Talented athletes are included in a specific programme which links to transition work.

Children in KS2 have two opportunities for residential experiences, both have a focus on developing physical skills.

**EYFS**

# Physical Development ELG: Gross Motor Skills

*Children at the expected level of development will:*

* Negotiate space and obstacles safely, with consideration for themselves and others;
* Demonstrate strength, balance and coordination when playing;
* Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

In the Early Years Foundation Stage, children will have regular opportunities to *n*egotiate space and obstacles safely, with consideration for themselves and others; demonstrate strength, balance and coordination when playing and move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Discrete PE lessons are taught each week by the class teacher.

**PE LONG TERM PLAN**

 **PE Curriculum – Cycles A & B**

 **2023-2024 cycle A**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn** | **Spring** | **Summer** |
| **EYFS** |  |  | Gymnastics |
| **KS1** | GymnasticsFine & gross motor skills- running, jumping, throwing, catching, rollingTeam Games – attacking and defending – adapted rules using hockey  | Agility and co-ordinationTeam building - Outdoor & adventurous activitiesDance – developing a range of movements | Athletics - Track and field eventsRunning – 40m sprint Jumping – standing long jumpThrowing – javelin, Simplified striking & fielding games – variations of simple cricket, rounders |
| **Y3/4** | Dance – refining movements & performing/analysingNet/wall games – netballInvasion games – Tag Rugby, HockeyCross country runningMulti skills event | GymnasticsInvasion games – Tag Rugby, FootballOutdoor & adventurous activities – orienteering, archery, disc golf | Net/wall games - TennisAthletics – striking and fielding games – cricket, bucket/lob it rounders Running – 50m and relay/hurdlesJumping – standing triple jump Throwing – javelin, discus |
| **Y5/6** | Fitness and refinement of fine & gross motor skillsNet/wall games – netballAttacking and defending skillsCross country running  | DanceTeam building & Outdoor & adventurous activities including orienteeringFitness circuits | GymnasticsAthletics track and field eventsRunning – 50m and relay/hurdlesJumping – standing triple jump Throwing – discus, shotputStriking & fielding games – rounders, cricketNet/wall games – TennisResidential visit – climbing, O & A activities |

Some adaptations are in place for weather and ground conditions and some flexibility is incorporated

 Lunchtime activities run every day and cover a range of sports eg. Tennis, dodgeball, basketball, They are very well attended, along with after school sports

 clubs

 **2024-2025 – cycle B**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn** | **Spring** | **Summer** |
| **EYFS** | Gymnastics |  |  |
| **KS1** | GymnasticsFine and gross motor skills – running, dodging, swerving, catchingTeam games – simple invasion games – football, tag rugby | Cardio vascular fitness to develop strength, stamina, agility & co-ordinationOutdoor & adventurous activities – problem solving & team challengesTeam games - basketball | Athletics – simplified striking & fielding games Track and field events – running, jumping, throwingDance - Country dancing performance |
| **Y3/4** | Dance – group composition – synchro and canon movementsInvasion games – Tag Rugby, FootballMulti skills eventFitness & cross country running  | Gymnastics – flexibility & strengthOutdoor & adventurous activities – archery, team building games**Swimming** | Athletics - track and field eventsNet/wall games – TennisCountry dancing TBC |
| **Y5/6** | Invasion games –Tag Rugby, football, hockeyCardio vascular fitness – developing strength, stamina, reaction times.  | Invasion games – hockeyNet/wall games – tennis, netballOutdoor & adventurous activities – team challenges | GymnasticsAthletics – striking and fielding games – rounders, stoolballMiddle & long distance running**Swimming**Campover – Outdoor & adventurous activities |

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**INCLUSION OF ALL PUPILS IN PE LESSONS**

Children with SEND or physical disabilities have PE lessons adapted to meet their needs. Instructions and tasks may be simplified and staff are acutely aware of pupils with difficulties in communication or social interaction. Staff use the NASEN Teacher handbook and the OAIP. Some pupils access the Jump Ahead programme following OT or Physiotherapy recommended exercises.

**IMPACT**

*‘For a small school the sport externally is great’*

*‘Great extra activities – country dancing, district sports, school play’ – Parent voice 2023*

All children must receive a broad and balanced PE curriculum regardless of year group or ability. The PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active and this has positive implications on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of exercise. We aspire for all our children to be engaged, motivated and enjoy PE to develop a lifelong love of sport, and physical activity. All pupils understand the values and importance of fair play and being a good sportsperson.

By the end of KS2, the children will have built on and embedded the physical development and skills learned across key stages 1 and 2 and be ready to apply skills learned across different sports and physical activities throughout the key stage 3 curriculum. Our partnership with The Weald Secondary School PE department, enables children as they leave year 6, to be familiar with their secondary school PE teachers, formats to lessons and the high level of resilience and attitude to learning that will be expected of them as they move into year 7.

The impact of our curriculum is measured through the following methods:

* Pupil discussions and interviewing the pupils about their learning (pupil voice).
* Evaluations (pupil voice).
* Governor monitoring with our subject link governor.
* Annual reporting and tracking of standards across the curriculum.
* Photo evidence of the pupils’ practical learning