

Moorside Primary School

Physical Education (PE)



Intent, Implementation, Impact

Intent

At Moorside Primary School, we recognise the vital part a high quality Physical Education (PE) programme plays in contributing to a child's physical, cognitive, and emotional development as well as the role it can play in a child's spiritual, moral, social and cultural development. We are committed to supporting the health and wellbeing of our children and understand the impact physical activity and sport has on this.

The aim of our physical education at Moorside Primary School is to promote physical activity and healthy lifestyles. Children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. This will ensure children are embedding life-long values such as co-operation, collaboration and equity of play.

Our intent of teaching physical education is to give children the tools and understanding required to make a positive impact on their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance it will allow children to explore their personal and spiritual identity.

We aim to provide a broad and balanced PE curriculum to aid children in increasing their own levels of self-confidence and their ability to manage themselves and their bodies within a variety of movement situations. Through delivering high-quality teaching and learning opportunities, we are working to inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. Our curriculum aims to improve the wellbeing and fitness of all children at Moorside Primary, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

As a school we place an emphasis on children supporting their development of key vocabulary across the different subjects and this is recognised as vitally important in PE. This enables them to develop a deeper understanding of specialised terminology and the ability to weave progressive language into their learning and development of skills and knowledge.

Our curriculum is based on progressive learning intentions which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all children. The curriculum aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities.

Implementation

Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are encouraged to participate in exercise throughout the day during PE lessons, clubs, outdoor learning, lunch provision and special events.

The PE curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Through our provision, children can aim to flourish at sports in which they have a particular interest or flair for. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and

motivation. We teach the National Curriculum and use the EYFS Framework and Development Matters, supported by a clear skills and knowledge progression approach. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children.

Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, coordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. At the start of KS2 (in Year Three), children will have a series of structured swimming sessions. PE at Moorside Primary provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net and wall games, strike and field games, gymnastics, dance, swimming and outdoor adventure.

The long term plan sets out the PE units which are to be taught throughout the year and ensures that the legal requirements are fully met. We use and adapt a scheme of learning from the PE Hub to ensure planning, content and delivery is age and development appropriate. This approach ensures lessons, year on year, are progressive. The PE Hub is also used to aid teaching staff in their subject knowledge and planning of PE. Teachers are able to adjust and change lessons to suit the needs of their classes and more specific individual needs. The Hub documents provide a strong basis of what is expected in each year group as well as specific guidance for teachers across all areas of PE.

Children within our **Early Years Foundation Stage** undertake daily physical exercise within their adult taught sessions. These physical activities are then reinforced during child initiated play. Through the use of high quality continuous provision, staff ensure purposeful support and challenge is offered.

In **Key Stage One**, the curriculum focuses on fundamental key skills to develop early stages of tactical awareness and physical fitness elements of agility, balance and coordination. Curriculum content includes ball skills and team games, gymnastic and dance activities. Children are introduced to early stages of games, gymnastics, dance, and the early stages of athletics.

At **Key Stage Two**, children continue to apply and develop a range of skills to enable them to become successful games players, dancers, gymnasts and athletes. Lower Key Stage Two children develop the skills required for a range of games, while upper Key Stage Two takes this further to allow access to varied games. Children in Year Three swim once a week throughout their academic year.

Organisation

Children participate in two high quality PE lessons each week, covering two sporting every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities. In each lesson, children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills are recapped throughout, and across, the years. Each time skills are repeated, they are being built upon; allowing children to know more and remember more.

Competition

Children are invited to attend competitive sporting events within the local area, alongside our partnered Trust Schools and where appropriate other schools beyond the Trust. 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.

Extra-curricular opportunities

Moorside Primary School provides a wide range of after school clubs, they are open to all children and clubs are often oversubscribed. These provide opportunities for the children to participate in a range of activities and develop their skills further.

Impact

Our curriculum is designed so that children are taught a variety of activities throughout their key stage and there is a progressive journey through all of these. Each area of PE also has a progression document linked to it so that teachers deliver appropriately pitched lessons to all learners.

Children also deepen their understanding of PE, year on year, by being introduced to specific vocabulary linked to their area of study. As a result of a strong Physical Education curriculum and wider curriculum offer, Moorside Primary School children will:

- Have the ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE and specific vocabulary.
- Have the willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- Have high levels of physical fitness.
- Have a healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly. School achieves and maintains the Healthy School award.
- Have the ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- Have the ability to 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.
- Have exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- Have a keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- Have the ability to swim at least 25 metres before the end of Year Three and knowledge of how to remain safe in and around water.
- Acquire and develop skills, performing with increasing physical awareness.
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking.
- Develop their ideas in different ways.
- Set targets for themselves and compete against others.
- Understand what it takes to persevere, succeed and acknowledge others' success and respond to a variety of challenges.
- Develop competence to excel in a broad range of physical activities.
- Develop positive attitudes to participation in physical activity.
- Engage in competitive sports and activities.
- Embed values like fairness and respect.

Assessment

We assess each child termly, to track progress throughout the year in both their knowledge and their development and application of specific skills. Teachers use their professional judgement and Assessment for Learning (AfL) to observe children over the period of a term. They use assessment strands, which include demonstrating fundamental movements in isolation and also applying to sports and physical activities, to make a judgement.

Monitoring

The Senior Leadership team alongside the subject leader for Physical Education, also measure impact by:

- Regular learning walks
- Pupil voice
- PE Premium spend analysis
- Analysis of participation at after school clubs
- Assessment data
- Photo and video analysis of children's practical work
- Assessing participation and engagement levels of children in lessons.

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.