



Draycott & Rodney Stoke C of E First School

Together, We Flourish and Grow



Physical Education

Intent, Implementation and Impact statement

Intent

Our PE curriculum is based on the following principles:

- Providing children with the lifelong love of sports and exercise in order to instill a commitment to participation throughout their lives.
- To improve health and wellbeing by making sport and exercise fun and engaging.
- Through inspiring children through learning about role models in the sporting community.
- To raise aspirations through developing experiences which the children may otherwise not get.
- To develop competitiveness and desire to achieve their best – understanding the importance of accepting defeat and being gracious in victory.
- To enhance and develop teamwork as a way to improve and succeed – which can be applied across all aspects of their lives.
- To understand that sport can bring people and communities together and is a strong tool for community improvement.

Throughout their time in our school, children will engage in PE learning led by class teachers and/or trained sports coaches, who deliver the National Curriculum in a fun and engaging way. We aim to encourage our children to be active as often as possible in many different ways. As well as weekly timetabled PE lessons, physical activity is encouraged during lunchtimes through use of apparatus and equipment, by taking part in movement breaks during learning time and the use of the field and outdoor classroom as much as possible.

Implementation

At Draycott & Rodney Stoke First School, children access high-quality Physical Education each week. This allows every child to develop themselves as a whole person, build a sound knowledge of basic skills, develop the values of the school's vision and to build a positive relationship with physical health. All staff have access to a bank of structured lessons and high-quality teaching resources through the use of the Get Set 4 PE online programme. Hall space is timetabled in order to give each class an opportunity to access PE lessons, whilst outdoors space is always on hand. Each lesson plan is pre-created but gives the teacher flexibility to alter elements in order to give the pupils the best, tailored learning experience. Teachers will make links to the school values in order to enhance children's understanding of the values associated with physical health and sport. Lessons are planned to cover the National Curriculum themes of athletics, dance, gymnastics, OAA and games (net and wall, invasion and striking and fielding). The curriculum considers the importance of both the breadth and depth of learning.

EYFS

We encourage the physical development of our children in Reception, as an integral part of their work. As the Reception class is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals. Physical development within the Early Years Foundation Stage framework is one of three prime areas for learning. The two related Early Learning Goals are: moving and handling and health and self-care. In Reception, the children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. They have weekly PE lessons, taught by the PE lead, where they develop their fundamental movement skills and experience units of work including: gymnastics, ball skills, dance and games.

Key Stage 1

In Key Stage One, children continue to develop fundamental movement skills, and become increasingly competent and confident with these. They access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They engage in competitive (against self and others) and co-operative physical activities, in a range of increasingly challenging situations.

Children will be given the opportunity to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

Key Stage 2

Children will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will enjoy communicating, collaborating and competing with each other, whilst developing an understanding of how to evaluate, improve and recognise their own success.

Children will be given the opportunity to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

This is provided to children in Years 3 and 4. In particular, pupils will be taught 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 in different water-based situations.

Our **annual residential trip** for Year 4 allows children the chance to take part in a variety of adventurous activities including archery and abseiling course. This trip is such a valuable experience where the children grow in confidence, develop their ability to work as a team and simply have an amazing active time!

Throughout the year, a wide range of P.E and sporting activities and **festivals** are held at Fairlands Middle School. These offer children a chance to experience a wider range of sports as well as developing their confidence when taking part in active opportunities with children from other schools within the Wessex Learning Trust. The festivals support the older children as they become more experienced sportspeople as children are chosen to take part in events such as tag-rugby, netball, cross country, athletics and a swimming gala. As well as developing their experience of P.E and competitive sports, these events are also a wonderful opportunity to prepare the children for their transition to their Middle School.

Impact

At Draycott & Rodney Stoke First School, Physical Education experiences will provide a depth of learning in a positive and engaging environment. Basic underlying principles and skills will have been practised and opportunities to develop these into more complex processes will be exercised. Children will be confident to try new things and take risks, as well as being able to make quick decisions and choices when planning tasks or performances. They will have a range of strategies for solving problems and show resilience to keep going when they find things difficult. Children will understand the benefits of working in different group dynamics and have the confidence to lead and support others. They will understand the importance of physical activity in a wider context and possess the skills and enthusiasm to develop their learning further.