



PE



Intent

At Sutton St James Community Primary School, we aim to provide a PE curriculum that pupils from Reception to Year 6 not only enjoy but also allows them to experience a range of activities that help them to develop their health, fitness and wellbeing. We intend to offer a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides 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 PE 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

Implementation

We develop physical and emotional skills through a wide variety of Physical Education and sporting activities. We deliver two hours of curriculum PE time per week, in which we provide extensive coverage of National Curriculum objectives. Children in Reception use their continuous provision alongside their weekly PE lesson. Our PE long term plan sets out progressive sports, including invasion games, dance, gymnastics, athletics, striking and fielding games and net games, across both Key Stages. Additionally, to develop swimming and outdoor skills, swimming lessons are undertaken in all year groups and Year 5 and 6 complete a residential trip to Kingswood, where they develop resilience, teamwork and leadership skills along with trying new physical activities such as fencing, rock climbing and abseiling.

EYFS

As part of the EYFS statutory framework pupils are taught:

Physical development: involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.

Health and self-care: children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Key stage 1

Pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 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

Pupils 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 enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, tag rugby, 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

Each year group will attend 30minute weekly swimming lessons for one long term each year, with chance to return more within Y5 and 6 if needed.

Over the past year, we have been developing a whole school approach to promoting children leading healthy lifestyles, both physically and mentally. Regular events such as 'Walk on Wednesday' have been embedded to promote our ideologies and have proven popular with many, with an award to celebrate the most active travel class within each term. During the Summer term, we hold our annual sports day, which promotes inclusivity in sport as well as sportsmanship and team spirit. We have appointed several groups of children (School Council, House Captains and Playground Leaders) who assist with promoting PE, sport and healthy lifestyles through gathering pupil choices for clubs and providing physical activity challenges during break and lunch times.

Through Government funding, we are able to provide extra opportunities to maintain and develop our coverage of Physical Education. We use part of the funding to access specialist PE provision (Sport2Day) which allows children to attend termly enrichment sessions and inter-school competitions of new and exciting sports such as Kabaddi and Kho Kho. We have also used money to deliver termly workshops

which actively promote and educate all children in the importance of adopting a healthy lifestyle through Sport2Day. Additionally, the funding allows us to train our Play Leaders and support Midday Supervisors to promote active play during lunchtimes.

Across both Key Stages, children can access a wide variety of sports clubs. Clubs are run by both outside providers and school staff and many are free for children to join. We frequently enter competitions for various sports including hockey, football, tag rugby, golf and athletics. These competitions allow the children to compete against other local schools. As well as entering various competitions against other schools, we believe it is important to promote competition during curriculum lessons and we hold termly intra-house competitions. We believe it is important that our children develop into resilient, fair sportspeople.

Impact

The impact is the knowledge the pupils remember in their long term memory. By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

We measure the impact of our Physical Education curriculum through the following methods:

- Assessing children's understanding of physical literacy before and after the unit is taught.
- Summative assessment of pupil discussions about their learning.
- Images and videos of the children's practical learning (predominantly during Dance units).
- Interviewing the pupils about their learning (pupil voice).