

# Great Bardfield Primary School



*'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.'*

National Curriculum 2014

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## **RATIONALE**

At Great Bardfield Primary School we aim to develop the knowledge and skills necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Our PE Curriculum intends to develop a lifelong love of physical activity, sport and games in all our pupils. We want our pupils to understand the importance of a healthy lifestyle and the part that physical activity can play in achieving this during their years at school and beyond.

## **INTENT**

The aims of our PE curriculum are to develop pupils who:

- ⦿ have the opportunity to practise many different skills in a range of different situations such as individually, in small group, in pairs and in teams;
- ⦿ apply their skills in chosen activities to achieve exceptionally high levels of performance;
- ⦿ gain and maintain high levels of stamina and physical fitness;
- ⦿ lead a healthy lifestyle which is achieved by eating sensibly, being aware of the dangers of drugs, smoking and alcohol and exercising regularly;
- ⦿ possess a positive and healthy physical and mental outlook to their own wellbeing;
- ⦿ gain essential skills like leadership and teamwork;
- ⦿ employ imagination and creativity in their techniques, tactics and choreography;
- ⦿ become excellent young leaders; motivating and instilling excellent sporting attitudes in others;
- ⦿ are able to improve their own and others' performance by evaluating carefully;
- ⦿ have the ability to make informed choices about engaging fully in extracurricular sport;
- ⦿ have the opportunity to take part in both intra and inter school competitions and festivals;
- ⦿ can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water.

## **IMPLEMENTATION**

At Great Bardfield Primary School our PE Curriculum ensures that children have a varied and well mapped out PE curriculum. It provides the opportunity for progression across the full breadth of the PE National Curriculum for KS1 and KS2 for both indoor and outdoor PE. This progression is clearly identified on progression maps and each lesson has been carefully planned to match these. In KS1, the focus of the PE curriculum is on the development of the fundamental skills that will be built upon in KS2 when they are applied in specific sports. Alongside our planned curriculum we provide other opportunities for physical exercise such as The Daily Mile and lunchtime activity clubs.

Subject Leaders are provided with an additional three planning days per year in addition to their PPA, to plan and monitor the curriculum, resources and any staff training needed.

As part of the teaching and learning process, teachers will plan and deliver the following as part of PE lessons:

- ⦿ a medium term plan which outlines knowledge and skills (including vocabulary) all children must master;
- ⦿ a sequence of lessons that allows for progression and depth but which also takes account of how the children are learning and how they self-lead their learning;
- ⦿ trips and visiting experts who will enhance the learning experience;
- ⦿ opportunities to work with experts in the field and learn from their work ethic and demonstrations of good practice.
- ⦿ opportunities to join other schools within our DEEP sports partnership to develop skills and take part in competitions.

In both Key Stage 1 and 2, we teach athletics, dance (including Yoga), games, gymnastics and swimming. In Key Stage 2 we also teach Outdoor and Adventurous Activities (OAA). The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject leader devises and adapts this plan for each class. PE activities are planned so that they build upon the prior learning of the children. We use a variety of teaching and learning styles in PE lessons. We develop the children's knowledge, skills and understanding through a mixture of whole class teaching and individual or group activities. We encourage the children to evaluate their own work as well as the work of other children. We use sports coaches to lead some curriculum sessions and to run extra-curricular activities before and after school. We seek to find cross curricular links where possible, e.g. using measuring skills in athletics.

### **INCLUSION**

We teach PE to all children, whatever their ability or individual needs. Through our PE teaching we strive to meet the needs of those pupils with special educational needs, those with disabilities, those with special gifts and talents, and those learning English as an additional language, and we take all reasonable steps to achieve this. We provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child by:

- ⦿ setting open-ended activities where children can achieve a variety of results
- ⦿ providing different resources or equipment to increase or simplify activities
- ⦿ setting activities of increasing difficulty, where not all children need to complete all challenges
- ⦿ grouping children by ability, and setting different activities for each group.

### **HEALTH AND SAFETY**

We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. No jewellery is to be worn for any physical activity. Teachers should have a working knowledge and understanding of their liabilities and legal responsibilities relating to health and safety

procedures and duty of care. Teachers are expected to set a good example by wearing appropriate clothing when teaching PE.

### **EXTRA-CURRICULAR ACTIVITIES**

The school provides a range of PE-related activities for children before and after school. These encourage children to further develop their skills in a range of the activity areas. The school sends details of the current club activities to parents and carers at the beginning of each term. We are part of the Uttlesford School Sport Partnership, and we enter festivals, competitions and tournaments against other local schools throughout the year.

### **IMPACT**

Our PE Curriculum is high quality and planned to demonstrate progression. Children who are achieving age related goals within the curriculum are deemed to be making good progress. In addition, we measure the impact of our curriculum through the following methods: We measure the impact of our curriculum through the following methods:

- ⦿ Regular pupil reflections and discussions about their attainment, progress and next steps.
- ⦿ The use of 'before' and 'after' evaluations for each block of learning to pinpoint starting points, attainment and next steps. These can take the form of targeted questions, quizzes, mind maps or set tasks.
- ⦿ Summative termly assessments which enable us to record and track progress and attainment.
- ⦿ Regular reflection on standards achieved against the planned outcomes.
- ⦿ The annual tracking of standards across the curriculum.

### **ASSESSMENT AND RECORDING**

Teachers assess children's work in PE by making assessments as they observe them working during lessons. Pupils are encouraged to evaluate their own work and to suggest ways in which to improve. Teachers assess the progression of each child every term, which is communicated at the end of year report.

### **MONITORING AND REVIEW**

The PE leader is responsible for setting up and organising the long term plan as well as monitoring the standards of children's work and the quality of teaching. The subject leader supports colleagues in the teaching of PE, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. The subject leader will also be responsible for giving the head teacher an annual action plan, evaluating strengths and weaknesses in the subject and indicating areas for further improvement. Ofsted will also report on PE in the school.

**Policy to be reviewed:** October 2024