

What does PE look like at our school?

At our school we believe that Physical Education (P.E) is vital in its contribution to pupils' physical, social and emotional development and health. We believe that all children have the right to learn, relax and play, as well as lead healthy and active lifestyles. Our aim is to engage and inspire our children to foster a love for sport and develop their own talents, increasing their self-confidence, resourcefulness and sense of achievement. To ensure this, children in Nursery and Reception have one PE focus session each week and in years 1-6, PE is taught for two hours a week which guarantees that children are physically active for a sustained amount of time during these periods. Year 4 however, are the only exception to this as they attend swimming each week throughout the academic year. One hour per week is taught with a focus on fitness and health, with the other hour dedicated to the development of skills in various games. In addition to this, children will also develop their knowledge and skills in dance and gymnastics.



We have adopted a PE scheme called 'Get Set 4 PE' which meets the requirements of the Early Years Framework and the National Curriculum. However, our PE curriculum is regularly refined in line with the latest guidance, subject research reports from Ofsted and current affairs.

The well-planned journey through the PE curriculum helps our pupils to remember their previous learning as well as learn lots of new knowledge and of course, skills too! This well-planned journey also gives pupils the opportunity to practise some of the really important parts of the learning so that pupils can remember it in the long term and apply their skills to a wide array of different sports, giving them the opportunity to develop skills and build a passion for various sports that we hope will last a life time!



Beyond lessons, we aim to provide a range of extracurricular activities for children to participate in. Currently, we have after school sports that children in Key Stage 1 and 2 can attend. These are run by professional coaches, giving our children the opportunity to enjoy sports with their friends in team games and learn simultaneously. In addition to this, there are also opportunities for the children to participate in competitive sports against other schools. To ensure each child has the opportunity to represent their school in sport throughout the year, we have 'excel' competitions (for those children who are confident in the sport they are taking part in) as well as 'inspire' competitions - for those who are not as confident but still want to experience their sport in a competitive way.

In the summer months, our school has our annual sports day, enjoyed by pupils, teachers and parents alike. This day is a chance for all pupils to work together in their house teams with children from other year groups to compete and try to win the sports day trophy.



EYFS

With physical development as a prime area in the Early Years Foundation Stage and physical activity guidelines from the Department of Health including recommendations for the under-fives, it's a very important area within our EYFS. Using the Early Years Statutory Framework, pupils develop physical, social, emotional and thinking skills in order to meet the early learning goals for Physical Development. Not only do pupils have PE lessons, but we provide daily opportunities for pupils to develop their fine and gross motor skills both outdoor and within the indoor learning environments. These activities are well planned to support the progression of your child's physical development and we ensure that pupils are well prepared for their learning in Year 1 and equip them with all of the vocabulary they need to be able to talk about their learning too!

What does assessment look like in PE?

Throughout lessons, teachers closely observe the performance of pupils and allow opportunities for class discussions, based around what is being taught. Children achieve short term goals within their PE lesson and teachers will inform the children on their achievements based on the success criteria. These short-term goals help build towards achieving 'age related expectations' in PE, based around skill, attitudes and knowledge in sport and inform teachers on the progress being made by the children in the subject, which in turn can be shared with both them and their parents.



Reading

What has P.E. got to do with reading? If your child wants to learn more about a sports person who has inspired them, the best way to do this is to read about them! We have plenty of books to support our P.E. curriculum. Children can learn about famous sporting heroes who have inspired people to become more active by reading the books in our library. Also, one way to foster a love of reading is give children something they are interested in to read,



so if they are keen on football, tennis or swimming, let's get them reading about it!

How do we provide extra support and challenge in PE?

Within every lesson we provide children with the same chances and opportunities to learn ensuring an inclusive learning environment. However, through the continuous assessment within lessons, teachers are able to identify children who may need extra support or challenge. We have various different methods of supporting children and we select the best method for each individual child as we recognise that no two children are the same and what works best for them will be specific to their needs to ensure each child achieves highly and makes good progress. Examples of this can include appropriately adapted equipment or improvised rules within a game.

How can I support my child's learning in P.E.?

There is so much you can do to support your child's physical development. First and foremost, please make sure they have their P.E. kit in school. P.E. lessons are part of your child's entitlement to a broad and balanced curriculum and no child wants to be left out because they don't have a kit. If you are struggling to buy the school uniform kit then don't worry, send in any colour shorts and t-shirt for the time-being.

Next, we would love ALL children in KS2 (Years 3-6) to attend the after-school clubs. They are only an hour after school for one evening a week and the children really enjoy having this quality time with their peers because they get to choose the sport they learn.

Finally, encourage your child to be as active as possible by taking them to the local park, getting out on scooters and bikes, going for a walk/run or attending a sports club. Your child will really benefit from being active - it will have a positive impact on their mental health, their diet and their sleep.

If you would like any help about getting your child & possibly your family more active, either get in touch with us in school or click on the link below to 'Change4Life'.



<https://www.nhs.uk/change4life>