



# St Michael's C E Primary

## Curriculum Policy:

## Physical Education

**"We are the seeds. Our school is the good ground which provides everyone with all they need to grow and achieve." (Our children)**

St Michael's is a Church of England Primary School built on distinctive Christian Values at the very heart of its community.

*We will provide:*

- a welcoming, inclusive school with strong relationships across our community, that celebrates diversity;
- excellent teaching with a nurturing approach, guiding first steps to next steps;
- an inspirational and challenging curriculum which ignites curiosity, encourages resilience and grows confidence so children become lifelong learners;
- a happy, safe and stimulating environment in which children can achieve their full potential;

So that our children will flourish in all they do and become good citizens

**"And some seed fell on good ground. This seed grew and made 100 times more grain." (Luke 8:8)**

***Respect, Persevere, Achieve***

## **PE**

*To be read alongside school's Curriculum Aims, Teaching and Learning Policy and Assessment and Feedback Policy*

### **Rationale**

At St Michael's CE Primary School we believe that delivering high quality PE is vital in providing children with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as resilient individuals and responsible members of the community. Children are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of our school and communities. In doing so they learn to recognise their own worth and work well with others, respecting their opinions and contributions.

### **Aims**

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity" – John F. Kennedy

At St Michael's Primary school, we recognise the vital contribution of physical education to a child's physical, cognitive, social and emotional development. We aim to provide a PE curriculum which aids children's increasing self-confidence in their ability and resilience in participating in competitive sports and respecting the rules of each discipline. All children are encouraged to join clubs and extend their interest and involvement in sport and fitness. They learn how to take responsibility for having a healthy and fit body and they begin to understand those factors which affect their health and fitness. Success in external sports participation is encouraged and celebrated in our weekly Celebration Worship.

### **Implementation of the Policy**

At St Michael's we use a variety of teaching and learning styles which involve a mixture of whole-class, group and individual activities. Teachers model good skills and technique and also draw attention to good examples of individual performance to use as models for the other children.

Children are encouraged to evaluate their own work as well as the work of other children. Within lessons children have the opportunity both to collaborate and compete with each other and they have the opportunity to use a wide range of resources.

Activities are differentiated and appropriate to the needs and ranging abilities of the class. Each lesson has a planned extension activity to consolidate the lesson's learning objective where appropriate.

Dialogue and demonstration are used as teaching tools throughout all lessons. Particular skills are modelled and discussed. Plenaries are used to highlight good practice and next steps in their learning.

## ***Big Ideas in PE***

**Skills** – Pupils learn to excel in a broad range of physical activities.

**Activity** – Pupils are physically active for sustained periods of times.

**Competition** – Pupils engage in competitive sports and activities.

**Being healthy** – Pupils lead healthy, active lives.

## **St Michael's Primary School Approach to PE**

At St Michael's Primary School we teach both discrete PE lessons to develop knowledge, skills and understanding but also provide a range of opportunities throughout school to employ PE skills across the curriculum. Staff use the online Rising Stars Champions to help plan, deliver and assess the PE curriculum. Throughout the year sports coaches are employed to deliver sport specific sessions for children across the primary range.

### **Assessment**

At St Michael's Primary School we assess the children's work in PE by making informal judgements as we observe the children during lessons. Staff store digital evidence including photos and videos on a secure iPad or on the school network. Gathering qualitative evidence by speaking to pupils, scrutinising pupil's work and observing lessons gives the subject leader a clear overview of standards across school.

### **Differentiation - scaffolding**

At St Michael's Primary School we aim to encourage all children to reach their full potential through the provision of varied opportunities. We recognise that our curriculum planning must allow children to gain a progressively deeper understanding and competency as they move through our school.

### **More Able Learners**

More able learners will be identified as part of our formative and summative assessment procedures. We will provide for their needs through a framework of high quality first teaching which focuses on ensuring the children are challenged appropriately. In addition, we focus on developing their learning behaviours, including, greater reflection, problem solving and enquiry, making connections, higher order thinking skills and independent learning. The progress of more able learners is rigorously tracked to ensure more able children reach their full potential .

### **SEND/Inclusion**

Children who are identified as being on the SEND register are given support as identified on their Individual Provision Map. A variety of support materials and advice are available from SENDCo, Mrs C Mackay. Children are supported in the first instance through quality first teaching. Lessons are

differentiated in line with the individual needs of the children. All provision for pupils with SEND is in line with the school's SEND policy.

### **Gifted and talented**

At St Michael's, we believe the importance of recognising those children demonstrating higher levels of ability in PE and school sport. Where necessary, children are signposted towards external clubs to help them further their path in a sporting environment.

### **Equal Opportunities**

At St Michael's Primary School the curriculum for PE develops enjoyment of and commitment to stimulating the best possible progress and the highest attainment for all our pupils irrespective of social background, culture, race, gender, differences in ability and disabilities. All of our pupils have a secured entitlement to participate in PE curriculum and our teaching approaches ensure the avoidance of stereotyping when planning work or organising groups. All the teaching staff agree that when using reference materials, they **must** reflect social and cultural diversity and provide positive images of race, gender and disability.

### **Resources**

At St Michael's Primary School there is a wide range of resources to support the teaching of PE across the school. Teachers have personal login details for the PE Association website to help with planning.

### **Careers**

At St Michael's all areas of **the** curriculum support children's interest and understanding in careers and help to raise aspiration. Reference **is** made **as** to how PE skills are important for communication in many jobs and also which careers rely on the need to use these specific skills.

### **Monitoring and Evaluation**

At St Michael's Primary School the PE coordinator monitors planning and assessments, evaluating medium term plans and taking note of annotations, amendments and suggestions made by class teachers. They ensure that the curriculum has been covered and that there are no gaps.

Photographs of completed work and displays **are** kept digitally by the coordinator as a portfolio, in order to monitor and support the raising of standards **of** PE within the school. The coordinator takes responsibility for addressing any needs or concerns that arise as a result of this monitoring.

To monitor and evaluate PE, the PE subject co-ordinator does the following:

- Purchases and organises the appropriate resources.
- Supports colleagues in the teaching of PE.

- Keeps up-to-date on the use of PE in the curriculum and regularly attends training for subject leaders held by the LA and feeds back new information and ideas to staff.
- Shares CPD opportunities.
- Conducts work/evidence scrutiny to assess the standards of Teaching and Learning through the children's work.
- Regularly reviews and updates the PE Policy and contributes to the school's self-evaluation programme.

## PE Overview

### September 2020 and then September 2022

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS	Multi-skills	Dance	Gymnastics	Ball skills	Throwing and catching	Athletics
KS1	1.1 Multi-skills <i>Boot camp</i>	2.2 Ugly bug ball dance <i>Might movers (running)</i>	1.3 Groovy gymnastics <i>Skip to the beat</i>	2.4 Brilliant ball skills <i>Gymfit circuits</i>	1.5 Throwing and catching <i>Cool core (strength)</i>	2.6 Active Athletics <i>Fitness frenzy</i>
LKS2	1. Multiskills <i>Boot camp</i>	4.2 Dynamic dance <i>Might movers (boxercise)</i>	3.3 Groovy gymnastics <i>Skip to the beat</i>	4.4 Striking and fielding <i>Gymfit circuits</i>	3.5 Throwing and catching <i>Cool core (strength)</i>	4.6 Young Olympians <i>Fitness frenzy</i>
UKS2	5.1 Invaders <i>Boot camp</i>	6.2 Dynamic dance <i>Might movers (boxercise)</i>	5.3 Gym sequences <i>Step to the beat</i>	6.4 Striking and fielding <i>Gymfit circuits</i>	5.5 Nimble nets <i>Cool core (Pilates)</i>	6.6 Young Olympians <i>Fitness frenzy</i>

### September 2021 and then 2023

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS	Multi-skills	Dance	Gymnastics	Ball skills	Throwing and catching	Athletics
KS1	2.1 Multi-skills <i>Boot camp</i>	1.2 Story time dance <i>Might movers (running)</i>	2.3 Groovy gymnastics <i>Skip to the beat</i>	1.4 Brilliant ball skills <i>Gymfit circuits</i>	2.5 Throwing and catching <i>Cool core (strength)</i>	1.6 Active Athletics <i>Fitness frenzy</i>
LKS2	4.1 Invaders <i>Boot camp</i>	3.2 African dance <i>Might movers (running)</i>	4.3 Gym sequences <i>Step to the beat</i>	3.4 Brilliant ball skills <i>Gymfit circuits</i>	4.5 Nimble nets <i>Cool core (Pilates)</i>	3.6 Active Athletics <i>Fitness frenzy</i>
UKS2	6.1 Invaders <i>Boot camp</i>	5.2 Dynamic dance <i>Might movers (boxercise)</i>	6.3 Gym sequences <i>Step to the beat</i>	5.4 Striking and fielding <i>Gymfit circuits</i>	6.5 Nimble nets <i>Cool core (Pilates)</i>	5.6 Young Olympians <i>Fitness frenzy</i>

**N.B – Swimming provision will be re-evaluated post-Covid from September following government advice.**