



# PE One Page Overview



## Intent:

**Living:** Children will have the knowledge and understanding to go into their next stage of life appreciating the important role being physically active plays in leading a healthy lifestyle.



**Caring and Nurturing:** Children will develop a love and passion for PE and sport that will last a lifetime.



**Learning:** Children will ask questions to understand the importance of physical activity; seek to discover sports of their choice; cooperate & collaborate with others as part of an effective team and find ways to improve their own and others' performance.



- All children will have access to at least two hours of physical activity per week, 1 hour of high quality P.E skills lessons and daily workout sessions.
- PE experienced in a safe and supportive environment which inspires all children to achieve their personal best and attain optimum physical and emotional development and good health.
- There will be a wide variety of extra-curricular clubs to cover all year groups and increase participation rates.
- Opportunities for competition, at an intra and inter school level, will be offered in numerous sports, and ensure all pupils experience this across the year.
- Pupils will have the opportunity to take part in structured and active lunchtime play.
- Improved physical fitness and well being will be a focus for the school going forward, and this will be sewn into the PE curriculum and monitored.
- The children will attend swimming each year during Key Stage 2 with the aim of closing the gap with national outcomes (booster lessons in Y6 will occur as necessary).
- The curriculum overview is progressive and varied.
- Staff will be supported to develop their pedagogy and feel confident in lesson delivery.
- The PE Leader will assess children throughout the year, with groups in need of additional support identified and targeted.

## Implement:

### Coverage through PE curriculum & extra-curricular:

- Children participate in high quality PE lessons delivered by teachers covering two sports/skills per term.
- Children to complete daily mile during last 10 minutes of lunchtime play.
- Wide range of extra-curricular clubs offered termly and cover all year groups. Uptake is monitored and offering adjusted accordingly e.g. to target more KS1 pupils or target more girls.
- Calendar of intra-school and inter-school competitions offers competitive opportunities to all pupils – Intra-school events to operate on a termly basis, as well as specific house competitions for individual year groups. Interschool competitions include football, netball, tag rugby, cross-country, cricket, hockey, gymnastics, and more.
- Children encouraged to engage in active play at break times /lunchtimes - with KS2 provided with opportunities to play football, basketball and table tennis. KS1 have access to climbing equipment and the ball court.
- Swimming lessons take place weekly over a set term throughout Key Stage 2.
- Curriculum overview carefully constructed to include different areas such as invasion games, net/wall games, striking games, gymnastics, dance, athletics and outdoor adventurous activities. Early Years focus on gymnastics (balance/travelling), dance (expressive movement, cooperation & collaboration) and games multi-skills. Key Stage 1 pupils build a bank of transferable skills (-ing words e.g. catching, kicking, throwing) that can be used in a range of sports. Key Stage 2 pupils undertake sport specific units of work where their prior knowledge and skill sets are adapted to the requirements of the sport in question (e.g. passing for possession, invasion as a team, accuracy and rallying). Overview ensures planning and resources across year groups show progression

### Assessment:

- Ongoing assessment within lessons
- Termly curricular assessment against age related expectations

### Monitoring:

- Staff questionnaire used to establish levels of confidence
- Learning walk/drop-ins scheduled
- Staff CPD built around monitoring outcomes

## Impact:

- PE curriculum is progressive and motivates children to develop fundamental skills and apply them to a variety of sports and activities.
- All children are provided with skills and given opportunities to demonstrate improvement to achieve personal best.
- Children are physically active and this has positive implications on their learning in class.
- Children understand how to lead a healthy lifestyle and understand the importance of exercise.
- Children to enjoy quality teaching thus enjoying PE and develop a love of sport and physical activity, that they pursue outside of school and in future life outside of school.
- Children to understand the values and importance of fair play and being a good sportsperson.
- Year 6 children to leave school with skills to self-rescue in the water and swim at least 25metres competently.
- All children, without significant barriers to learning, make ARE.

### Data (2020/21):

- Swimming outcomes
- Extra-curricular clubs offered:

Figures to be inserted.

### Teacher CPD/monitoring (2021/22):

- **Community/families:**
  - Links with local clubs to be developed
  - Questionnaire to gain thoughts about extracurricular activities offered