

Subject on a page

PE

PE is the only subject whose primary focus is on the body; it uniquely addresses the physical development aim of the curriculum and makes a significant contribution to the spiritual, moral, social and cultural development of young people.

INTENT

- We aim to develop pupils who...



Participate and develop physical competency in a wide range of physical activities that provide appropriate challenge with acceptable risk.



Build confidence and resilience to try hard and make progress across all activities.



Enjoy learning in and through the subject across the domains of physical skills, creative and thinking skills, and social, personal and leadership skills, and be able to apply those skills across their wider learning and beyond school.



Be highly motivated and understand how to plan, organise and lead their own healthy, active lifestyles as well as influence those around them.



Develop their physical well-being through increased stamina, strength and suppleness, and recognise the positive impact on their emotional well-being and health from engaging in physical activity on a regular basis.



Be involved in learning about risk management, and their responsibility in this, in order for them to participate independently in physical activity in later life.

IMPLEMENTATION

-How do we achieve our aims?

Through Grace Mary's high-quality physical education programme, our students will become physically literate and develop the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.

Curriculum

Provides activities to promote a broad base of movement knowledge and skills, placing students in cooperative, collaborative and competitive situations that aim to cater for the preferences, strengths and needs of every student.

Our curriculum embraces the Statutory Orders of the National Curriculum 2014 and Early Years Foundation Stage (EYFS) Guidance (England). It is inclusive, and every Student has equal access irrespective of their age, gender and cultural or ethnic background.

Health

Students are encouraged to appreciate the importance of having a healthy body and the factors that affect health and wellbeing.

Out of school learning

Extend and enrich the work being done during curriculum PE and to provide some students with opportunities to enable them to develop the skills they need to access curriculum PE. The programme will reinforce the importance of keeping physically active in order to lead a healthy lifestyle.

IMPLEMENTATION (continued)

Out of school learning continued

The OSHL programme will:

- provide a balance of competitive and non-competitive activities through intra and inter school events
- provide specific movement/general physical activity clubs, which develop health and fitness
- ensure that every student is offered the opportunity to attend a after school activity each term
- ensure that the school regularly participates in school sport partnership (SSP) and county-wide events that promote competitive opportunities and physical activity.

Planning

In the planning stage, we think through the following process:

"This is what I want students to learn. This is how I plan for learning to take place, and ask, 'Is the learning experience safe?'"

Our long-medium and short-term plans, plus other useful PE resources, are stored on share point, and these are regularly updated by the PE subject leader.

Each lesson should include a warm up and cool-down relevant to the main activity and learning environment/ weather conditions. All students should be physically active for sustained periods of time in every lesson. Progressively, they should learn about the components of fitness and how to perform warm -up and cool-down exercises, paying attention to the principles of safe exercise practice.

Assessment

Students' work will be assessed throughout each unit of work using formative and summative assessment methods. Students' progress will be monitored by the individual class teacher who will use these methods to set realistic targets for individual students, based on their strengths and weaknesses. At the end of each unit, an indication of the progress that they have made will be recorded. This will allow an overview of all progress made over the academic year. The attainment target for PE sets out the knowledge, skills and understanding that students of different abilities and maturities are expected to have by the end of each key stage.

At Grace Mary Primary School, we also assess the children by:

- watching them work, talking to them about what they are doing and listening to them describe their work
- gathering feedback from students to inform teachers and students of what has been successful and allowing them to set their own future targets

IMPACT

-How will we know we have achieved our aims?



Children have a willingness to practice skills in a wide range of different activities and situations alone, in small groups and in teams and apply these skills in chosen activities to achieve exceptionally high levels of performance.



Children have a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.



Children have exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance and support.



Children have the ability to take the initiative and become excellent young leaders, organising and officiating, evaluating what needs to be done to improve, motivating and instilling excellent sporting attitudes in others.



Children have the ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.



Children are confident with what risks they should and should not be taking and understand their responsibility in this.