

PE Curriculum

At Greenholm we recognise the value of Physical Education (PE) and sport. PE develops children's knowledge, skills and understanding, so that they can perform with increasing physical competence and confidence in the ability, in a range of physical activities. These include dance, games, gymnastics, athletics, outdoor adventure activities and swimming.

Intent

Our Physical Education Curriculum is designed to be enjoyable and provide children with opportunities to develop physical confidence in a way that promotes healthy, active lifestyles; through an equal opportunity of learning experiences to build character and personal traits such as respect and fairness.

Rationale

At Greenholm we believe that a high-quality PE curriculum should be an integral part of the whole school curriculum. Our school recognises the value that a high-quality PE and school sports curriculum provides. All pupils are entitled to benefit from the PE provision provided which contributes to healthy and active lifestyles, improves social and emotional well-being and develops key skills such as leadership, confidence, social and team building skills. Our PE curriculum aims to ensure that all pupils develop the fundamental skills, abilities and competences to excel in a wide range of physical activities by providing a broad and balanced curriculum with opportunities for all to be enjoyed. It contributes to the development of a range of important cognitive skills such as decision-making, reflection, evaluation and social skills such as teamwork, respect and fairness.

Physical education encourages pupils to be active and supports them in their understanding of how to participate safely and effectively. Our PE curriculum is inclusive and ensures pupils of all abilities access the range of activities we offer.

Key Stage 1

Pupils develop fundamental movement skills, whilst becoming confident and competent, access a broad range of sports and activities to develop agility, balance, coordination, individually and with others.

Key Stage 2

Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways. They understand how to improve in different physical activities and sports and learn how to evaluate and recognise success. They develop communication, collaboration and competing with one another in competitive environments.

Aims and Objectives

PE is about introducing children to the world of sport and activities, which combined with an enjoyment of sport and exercise, will provide the foundations for a healthy and active lifestyle. It is an educated area of core learning as well as integrated where possible with other curriculum areas. PE is taught for a minimum of one session a week, with playtime and lunch time play adding to 2 hours of physical activity per week.

The aims and objectives of the PE policy and curriculum relate directly to those of the whole school ethos. In order to do this we aim to:

- Stimulate and maintain pupil interest and enjoyment in PE and to promote health, fitness and wellbeing.
- Promote positive attitudes towards physical sport and activity.
- To promote physical activity, physical skills development and a healthy lifestyle.
- Pupils to be familiar with a body of knowledge, principles and vocabulary to relate to PE.
- To enable pupils to show knowledge, understanding of safe practices and to appreciate its importance in PE.
- Understand the short and long-term effects of exercise on the body and the role of exercise in a fit and healthy lifestyle.
- Enable pupils to work independently and as part as a group in varied activities, contributing to the development of core skills such as communication and social co-operation.
- To develop fair play through cooperation, collaboration and competitions and to manage, to varying levels of success, in competitive and co-operative situations.
- Employ teaching methods and resources that will allow all pupils to have equal access to PE and to experience success and enjoyment.
- To have age appropriate activities and understand the need for rules in a game.
- To provide equal opportunities for all pupils regardless of their race, gender, background, ability – providing a curriculum that is inclusive.
- To provide equal opportunities for all pupils to achieve their full potential, through curricular and extra-curricular activities.

Teaching and Learning

PE is a foundation subject in the National Curriculum. We use the National Curriculum Programme of Study in conjunction with The PE Hub as the basis for curriculum planning in PE.

As required, we teach:

- Games
- Athletics
- Gymnastics
- Dance
- Outdoor Adventure Activities
- Swimming

PE is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that they will continue to lead a physically active lifestyle. A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physical activities. We aim for pupils to become physically confident in a way which supports their

health, fitness and wellbeing. Opportunities to compete in sport and extra-curricular activities build character and help to embed values such as fairness and respect.

The PE curriculum programme of study uses the PE Hub as the basis for the medium-term planning. This gives weekly details of each unit of work; the plans define what and how we teach and ensures an appropriate balance and distribution of work across each term. PE activities are planned to build upon and develop upon the prior learning of pupils. While there are opportunities for pupils of all abilities to develop their skills, knowledge and understanding in each activity area, there is progression planned into the scheme of work, so that pupils are increasingly challenged as they move through the school.

Teaching and learning of PE consists of:

- Purpose – lesson should have clear objectives and defined learning outcomes.
- Progression – pupils’ capabilities should be developed, building on previous learning through repetition, application and refinement of skills.
- Pace – high levels of activity, with clear expectations.
- Differentiation and Challenge – using tasks and equipment that enables pupils to be challenged appropriately and which ensures good progress for ability groups. High expectations set for individual and group achievements.

Extra-Curricular Activities

We are committed to recognise the importance of physical activity outside of the curriculum. We believe that extra-curricular activities are an important foundation to developing a pupil’s drive in sporting activities and getting them involved in lifelong physical activity.

We provide at least two different extra-curricular clubs after school each day for pupils across the school. These range from multi-skills, gymnastics, football, boccia, fun team games and netball. Pupils are given opportunities throughout the year to represent the school in various sporting events against other schools in the community. All clubs are provided free of charge, with up to 25 pupils involved in a club. Each half term, the clubs are changed with the opportunity for new pupils to participate in an extra-curricular activity.

Assessment and Monitoring

Assessment is an ongoing process through observing pupils working during lessons. As each lesson progresses, observations and feedback is given, to ensure that each child makes the full progress of which they are capable of. Lessons are planned to ensure that they are fully inclusive and take account of pupils differing needs and physical ability. The assessment of PE is in accordance with the National Curriculum 2014 attainment target for each key stage.

KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

KS2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of equipment
- Pupils Assessment
- Feedback from staff
- Children questionnaires
- Pupil records of participation, focusing on different groups
- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs
- Incident book

Sports Premium

All young people should have the opportunity to live healthy and active lives. A positive experience of sport and physical activity at a young age can build a lifetime habit of participation, and is central to meeting the government's ambitions for a world-class education system.

The PE and Sport Premium can help primary schools to achieve this aim, providing primary schools with £320m of government funding to make additional and sustainable improvements to the quality of the PE, physical activity and sport offered through their core budgets.

At Greenholm, we make use of a wide range of resources to support delivery of the teaching of PE across the school. The Sports Premium funding provided by the Government is utilised to purchase equipment and resources to sustain the development of PE, extra-curricular activities and physical activity at break and lunch times.

Sports Premium funding is also used to transport teams to various competitions around the city and to purchase sports wear such as football kits and leotards for gymnastics and dance.