

SUBJECT ON A PAGE:

P.E - For all for life -

'Exercise not only changes your body, it changes your mind, your attitude and your mood'



Intent - We aim to...



Ensure children are engaged in PE regardless of ability or need.



Ensure the children's experience of PE is positive and motivating, through promoting our school values



Encourage children to lead healthy and active lifestyles by promoting the positive effects it has on their physical and mental health



Provide opportunities for children to be active outside of PE lessons



Ensure children have opportunities to experience competition where disciplinary and substantive knowledge can be applied.

Implementation - How do we achieve our aims?

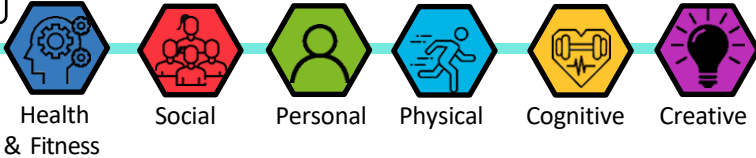


Our curriculum

Our delivery of PE is based around:

- Physical competence** (Physical and Health & Fitness)
- Understanding** (Cognitive)
- Attitude** – motivation and confidence (Creative, Social and Personal)

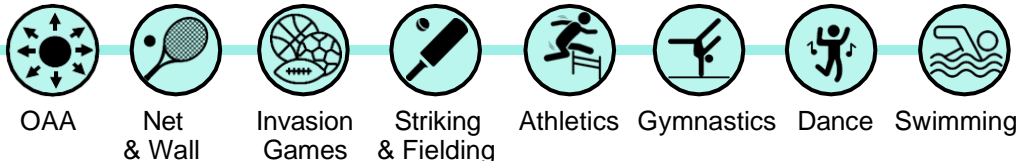
Key concepts



A consistent approach

At The Good Shepherd, from Nursery, we follow the **Get Set 4 PE** scheme. This ensures our pupils are developing their skills, knowledge and attitude, from our youngest pupils through to Year 6. We also provide swimming for KS2 pupils, which year groups attends may vary year on year depending on assessments
The topics covered in PE fall under the following **curriculum areas**:

Curriculum areas



Developing Key Skills

We recognise that there are a number of skills that children learn in PE. However, we have identified some that we feel are **key skills**.

These link closely to our **school values** 'achieve our best', 'be courageous', 'show mercy', 'be generous', 'show gratitude' 'be joyful' and 'serve others'.

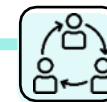
Key Skills

This clear link ensures that when children take part in School Games events outside of school, our school values have prepared them well to achieve our key skills.



Achieve our best
Be courageous

Persevere



Show mercy
Serve others
Be joyful

Teamwork



Achieve our best
Show gratitude

Reflect



Serve others
Be generous

Communicate



Strong Foundations

PE in the Early Years takes place weekly. Children learn the beginnings of fundamental movement - **Agility, Balance and Co-ordination**. They follow the **Get Set 4 PE** Scheme from Nursery, covering fundamentals, ball skills, game skills, gymnastics, and dance. Exploring fundamental movements across a variety of units of learning, creates a strong foundation for the learning of PE in KS1 and beyond.



Implementation (continued)

Specialist Coach

A sports coach is used to enhance the teaching of PE. Some PE lessons are led by teachers and others are led by a specialist coach. When the coach teaches a lesson, support staff are present to ensure they are gaining CPD which they then implement in the teacher led session. Teachers receive CPD from the coach through after school coaching sessions. The coach is also available for a weekly drop-in session if any teaching staff wanted specific support. This approach allows us to ensure teachers are up-skilled in PE to give non-specialists the confidence to teach the subject. The sports coach follows the **Get Set 4 PE** scheme throughout KS1 and KS2.



Healthy Competition

Children in KS2 have opportunities to take part in competitive events outside of school. For some events whole year groups take part, and for others, teams are chosen to attend. We expect children to demonstrate our key skills when engaging in competition in order to, demonstrate our school values of showing respect, showing mercy, being joyful, being courageous, being generous, serving others and achieving our best.

Daily Movement

We aim for children to receive daily 30 minutes of physical activity outside of PE lessons. We offer active lunchtimes, with our sports coach and our Mini Leaders run activities for all children to take part in across play times and lunch times. In addition, teachers provide opportunities for children to take part in active brain breaks throughout the school day. An active body = an active brain so we ensure through the delivery of our curriculum children remain active throughout individual lessons taught.



Wider sports opportunities

We provide opportunities for children to engage in sport during play times, lunch times and after school. We carry out a termly pupil voice to ensure we are offering clubs that are of high interest to our pupils.

We also provide each year group (year 1 – 6) with the opportunity to engage in wider competition (e.g., festivals).

Vocabulary

The vocabulary used in PE is consistent across year groups and any new vocabulary is explained to the children. Children also benefit from modelled stem sentences to support them in reflecting and evaluating their performance or the performance of others.



High quality equipment

Staff have access to a range of equipment to support all pupils in PE lessons. Equipment is monitored by the Mini Leaders and staff and stored in a central location. It is regularly reviewed and updated to ensure high quality provision. Children are shown how to use equipment correctly and safely and they benefit from having access to a wide range of resources.



Clearly structured learning

The **Get Set 4 PE** scheme follows a clear lesson structure to ensure consistency. Lessons begin with a warm-up activity prior to particular skills being taught. These skills are linked to a key concept and a fundamental movement. Once skills have been taught, children have the opportunity to apply them to games or routines before reviewing their performance through directed questions.



Warm Up

Skill Development

Review



Timetabling

Children receive 2 PE lessons a week, lessons last between 45 minutes to 1 hour each.



Impact - How will we know we achieved our aims?



Our high expectations and inclusive practice ensures all children participate in PE, staff will adapt resources where necessary.



Children engage positively in PE lessons and are motivated and challenged to improve their skills.



Children explain the benefits of leading healthy lifestyles, and they make healthy choices by engaging in active playtime and lunchtime activities led by the Mini Leaders.



Pupil voice ensures after school clubs and lunch time clubs are popular amongst all pupils. SEND and PP pupils are automatically reserved a space.



Children engage in competitions within school and outside of school. They demonstrate key skills and foster our school values.