

Physical Education at Brookside Primary School

Intent

At Brookside Primary School we recognise that physical activity and sport are essential parts of a child's everyday life and are a key factor in their future well-being. We want every child to find enjoyment in physical activity and aim to provide them with a wide range of opportunities so that they can discover the right kind of activity for themselves and experience the benefits that an active lifestyle can provide. We aim to present them with opportunities to compete against themselves and others, work in partnerships and teams, build self-confidence and perseverance and the real sense of achievement that this particular aspect of a child's education can provide. A key part of this will be to engage their enthusiasm and provide them with the necessary skills and experiences in order for them to be in the best position possible to further engage in physical activity and sporting opportunities as their educational and life journey continues. Our aim is to prepare and support pupils towards healthy and active lifestyle choices for their future mental and physical well-being.

A key part of our aim is to provide the children with a broad, balanced and inclusive curriculum within physical education and to provide the opportunities for the children to play in festivals and compete over a wide range of events. In doing so, we aim to teach the children to follow the conventions of fair play.

The aims of Physical Education (PE) at our school are that all children:

- adopt an active lifestyle and understand the benefits it provides
- develop a range of sporting skills across the national curriculum, including swimming
- are physically active for sustained periods of time
- engage in a range of competitive sports and activities
- lead healthy, active lives
- understand the importance and effect of exercise and being healthy
- develop a sense of fair play and a sporting attitude
- enjoy sporting activities and have fun, developing resilience and perseverance

We are committed to developing not only physical competence but also leadership and personal development. Through opportunities such as Playground Leaders and Sports Ambassadors, pupils are encouraged to take responsibility, lead others, and contribute positively to the school's active culture.

Implementation

At Brookside, PE is taught twice weekly by teachers and our sports coach, where a positive attitude to PE is created and expectations reinforced that all children can achieve success in PE.

All children receive a broad and balanced PE curriculum regardless of year group or ability. Every child from both main school and our Enhanced Resource Base (Riverbank), will access all of the

key areas of the subject on offer at our school. In Year 4, children take part in swimming lessons led by qualified instructors at Evington Pool.

Teachers plan PE using the scheme PE Planning, with clear progression of skills and knowledge to ensure that all children access it at an age-appropriate level. As well as our regular PE lessons, we hold daily opportunities for physical activity during break and lunchtimes with organised playground games. In Year 4 children have the opportunity to take part in a residential programme at Beaumanor Hall which involves 3 days of physical activities.

We work closely with the Leicestershire Schools Sports Partnership to provide additional activities for both the whole school and smaller groups, such as Active Travel, Move it March, Big Moves Energise Club and Inclusive Sports. The children also have the opportunity to take part in competitions throughout the school year against other local schools.

Impact

EYFS

We recognise the importance of physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development: Moving and Handling and Health and Self-care

Children in the EYFS access time and space to enjoy energetic play daily in the outdoor learning area. The children also access specific physical development through timetabled PE lessons in which give the children the opportunity to learn and practice fundamental movement skills. They participate in activities where they can practice moving in different ways and at different speeds; balancing; rolling; throwing balls and bean bags; catching and kicking.

KS1

Within Key Stage one, children develop their fundamental movement skills through a range of activities and opportunities, where children work individually in pairs or in groups. We cover key aspects such as gymnastics, dance, games and athletics. We follow the National Curriculum for P.E. in Key Stage 1.

When children leave Key Stage 1 we expect them to be able to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

KS2

We follow the National Curriculum for P.E. within Key Stage 2. Children continue to apply and develop a range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements. They continue to use the skills individually but also develop cooperation through games. This will include a further focus on choices and tactics within a game.

We explore a wide range of sports and activities such as dance, gymnastics, athletics, O.A.A. and a range of games skills. Children also learn to swim while in Key Stage 2.

When children leave Key Stage 2 we expect them to be able to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

In addition, we have the key swimming targets:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

Achieving the School Games Mark Gold Award

- a government-led award scheme that rewards schools for their commitment to the development of competitive school sport and physical activity.

We measure impact by:

- PE and Sports Premium spend analysis
- Analysis of participating in after school clubs and local sports competitions
- Assessment data
- Photo and video analysis of children's practical work