

PE at Our Lady and St Edward's

Guided by Jesus in all that we do.



Our Intent

The intent of Physical Education at Our Lady & St Edward's is to ensure that all children discover their talents and passion and learn how to lead a healthy and active lifestyle, now and in the future as adults.

We aim for the children to develop the skills needed for a range of activities and learn about teamwork, resilience, respect and sportsmanship.

Physical activity will be threaded through lessons and not just taught in P.E.

We aim for all pupils to achieve and succeed in their physical education, regardless of their starting points and nurture the talents of our pupils to compete at a variety of levels.

We provide a progressive curriculum that prepares pupils for their next stage of learning and allows them to build upon their previous knowledge and skills.

Physical Education Curriculum

As our pupils move through the different stages at school, the PE provision will provide the specific knowledge and skills building on their prior knowledge.

In Early Years the provision will enable the pupils to:

- be active and interactive.
- develop their co-ordination, control, and movement in large and small movements.
- understand the importance of physical activity.
- make healthy choices in relation to food.

In Key Stage 1 the provision will enable pupils to:

- Master basic skills and movements including running, jumping throwing and catching.
- Develop an awareness of space, balance, agility and coordination and begin to apply these within a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Develop a sequence of moves using simple movement patterns.
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In Key Stage 2 the provision will enable pupils to:

- Use previous taught skills in isolation and in combination.
- Play competitive games and apply basic principles of attacking and defending.
- Develop strength, technique, flexibility, control and balance.
- Take part in outdoor activity challenges both individually and within a team.
- Perform and compare routines to achieve their best.

The Teaching of PE

The teaching of PE across St Edward's will support the school's core learning values by encouraging pupils to:

- Be confident, participate in competitive sports both within school and outside of school, communicate with team mates and evaluate their own and others performance.
- Be independent learners that are confident in what they do, questioning how components of performance help and reflect on how they can improve.
- Understand how sports stars are role models, respect opponents and officials at all times.
- Be proactive in promoting the benefits of sports and physical activity in the local community.

How PE is taught in St Edward's

PE in St Edward's is taught both by class teachers and outside providers, provided by TB Sports.

Our priority is to provide as many physical activities/opportunities whilst developing pupils' knowledge, interest and skills in PE.

Each lesson is broken down into different sections;

At the start of every lesson the component of the lesson is introduced and what skills and knowledge will be taught.

Prior learning from previous lessons, and years is discussed to build upon the current lesson.

Teachers use a variety of techniques to demonstrate the lesson which include, video clips, teacher and peer demonstration.

During the main part of the lesson the children will build upon increasing their confidence and fluency in performing a component whilst developing skills.

At the end of the lesson, children have the opportunity to self-assess their performance against the lesson success criteria.



Assessment

Teacher Assessment is ongoing during lessons and on completion of a unit. It also takes place during the lessons through input, participation and questioning.

Peer Assessment is an important part of PE and the children develop to assess each other against the lesson success criteria.

Implementation of PE

In **EYFS** physical activity and the development of physical Literacy takes place through continuous provision both indoors and outdoors. Physical Development objectives are taught through a range of activities working on fine and gross motor skills and expressive Arts and Design.

Children in EYFS also have weekly PE sessions with both the class teacher and an outside provider to further develop the above skills as they progress into KS1.

Monitoring

Monitoring is conducted throughout the year by the subject lead and the Senior Leadership Team.

As part of the monitoring they undertake;

- Planning- checking for coverage of core and wider knowledge, skill development and progression across the unit.
- Lesson visits- to inform the subject lead about the quality of PE provision provided for the pupils.
- Pupil Voice
- Staff voice
- Learning walks evidence the presentation of PE learning in classrooms and corridors.

Implementation of PE

In **Key Stage 1 and 2** all classes have two dedicated PE sessions which form part of two half-termly units. Units are planned by both class teachers and TB Sports to ensure all classes are taught all areas of the national curriculum by the end of their school career which are progressive and follow a sequence.

During playtimes and lunchtimes, children are encouraged to take part in different physical activities including the climbing area, football, basketball and other physical sports led by the play leaders.

During the summer term all children take part in a Healthy Schools fortnight which provides the opportunity for children to learn about keeping healthy as well as participate in a variety of alternative sports provided by outside providers.

Children are also given the opportunity to participate in after school sporting clubs.

Children throughout the year have the opportunity to participate in Forest Schools which builds upon many skills including physical.

We are also part of the Rushcliffe School Sports Partnership which allows them to take part in a wide range of competitions throughout the year, including competitive events as well as inclusive events for all.