

What does PE look like at Great Doddington Primary School?

Intent

Our intent is to provide a high-quality Physical Education (PE) curriculum that provides our pupils with the knowledge and skills they need for the next stage of their education and beyond as citizens who have lifelong positive attitudes to health and well-being. We are aware that this generation of children are predicted to live less long than previous generations because of societal changes in lifestyle. We therefore want to change this statistic for our children and give them the five years back, which they have been predicted to lose. Along with the support of a specialist sports coach and the 'Get Set for PE' we provide a curriculum that enables children to:

- Develop the knowledge and skills to be physically competent in agility, balance, co-ordination, strength and stamina (Healthy Body, Healthy Mind)
- Be inspired by and appreciate the successes of a diverse range of sportspeople and to aspire to be the best they can be (Equality and Diversity)
- Develop an interest and understanding of the importance of keeping active as an essential part of life for well-being (Healthy body, Healthy Mind)
- Understand the physiological changes which take place when we exercise and the benefits of this to the body (Healthy Body, Healthy Mind)
- Use and develop communication skills with others and know their voice is valued when reflecting on performances of their own or their peers.
- Learn and develop crucial life skills, perseverance, resilience, leadership skills, teamwork, honesty, passion, determination, and confidence, dedication and commitment, positivity (Healthy Body, Healthy Mind)
- Develop positive habits and attitudes to physical activity by knowing there is a broad range of sporting activities in which they can engage
- To equip pupils with the confidence to try or revisit new activities, both now and in their adult lives (Healthy Bodies, Healthy Mind)
- Experience competition with themselves and others to build resilience and to enable pupils to survive and thrive throughout their lives (Healthy, Healthy Mind)

Implementation

PLANNING: We use the support of 'Get Set for PE' to plan comprehensive lessons for children from Reception to Year 6. In EYFS and Key Stage 1, lessons are planned on 2 year cycle so nothing is taught twice. To insure that children develop their skills in PE, we are now using 'Get Sets Progression of Skills Document', adding more and more complex tasks to expand children's ability and knowledge. Lessons are also planned to allow all children to access some sort of PE, regardless of any disability or need. This also allows for recaps of skills, ready for the next step of children's learning.

LESSONS: Children take part in 2 hours of PE each week. Within this, teachers include a clear warm up, main activity and appraisal of their learning and performance. This allows them to identify the next steps and how to improve. Teachers are encouraged to discuss how children are using teamwork and respect in their activities- especially when taking part in team sports. As a one of our four school values, respect is imbedded through our whole curriculum, and regularly pointed out in PE.

In Key Stage 2, children take part in swimming sessions- and can recap this if they do not meet the expectation of 25m competent swimming.

EXTRA CURRICULAR: Every pupil can take part in extracurricular activities through before and after school clubs in for example table tennis, Tag Rugby and football. The school also participates in initiatives such as Bike ability. The school invites local professional sports clubs (Northampton Saints Rugby, Northampton Town Football) to deliver programmes to inspire and develop life skills. The school has links with many local sports clubs and can signpost families to external sports clubs if children are showing an interest or talent in particular sports.

COMPETITIONS: The school is committed to providing opportunities for all pupils to participate in competition. All children at the school have an opportunity to represent the school in external competitions multiple times throughout the year. The school takes part in the Pacesetters Competitions which are weekly, Northamptonshire Sport School Games (Delivered by WENSSP) and other external providers e.g. Castle Series Triathlon.

INSPIRATION: The school wants to inspire its pupils and to do this arranges a range of visits to the school from people who have had success in sport, such as: Eden Francis shot putter, Julie Rogers Paralympian 2012 (volleyball), Josh Jones, GB Trampolinist, Laura Samuels (long jumper). We will also be looking at bringing in external sports associations for children to be exposed to different sports.

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Impact

As a result of our teaching and sequence of learning, we develop:

- Healthy children, knowledgeable about the importance of keeping fit,
- Reflective and critical athletes, who can praise and support other's abilities in sport,
- A wide range of sporting opportunities for children,
- Respectful children, who can work in teams to succeed and
- Resilient children, who are not afraid of failure or losing.

Principles of learning in computing:

- To develop and promote a 'sport is for everyone' attitude
- To develop a sense of safety and self-awareness
- To deepen learning by revisiting prior knowledge and skills
- To provide opportunities for pupils to participate in a wide range of competitive sporting activities in lessons and in school fixtures
- To develop enjoyment, confidence, independence & resilience through participation in physical activity
- To enable pupils to connect their learning in PE with other subjects (English (Speaking & Listening) Maths, Science, PSHE)
- To inspire pupils to participate in physical activity and to develop habits which support a life-long engagement in physical activity.