



Physical Education Intent, Implementation and Impact

Intent

To ensure maximum participation in activity, promote a healthy lifestyle and a love for all sports.

Here at The Reddings Primary School and Nursery, we ensure all requirements of the PE National Curriculum are progressively covered through a range of games. Teachers deliver a varied and well mapped out PE curriculum, which is supported through our GetSet4Pe scheme.

In EYFS and KS1 we focus on the development of fundamental skills needed for specific sports, both indoor and outdoor. This allows pupils to be well-equipped for their physical education lessons in KS2 where they will then apply these skills in a range of games. Additionally, our S.E.T skills are something we ensure are taught in every PE lesson as we are fully aware that the social, emotional and thinking skills in a physical activity/game, are skills that are needed for life.

As the children develop, it is our intention to encourage a lifelong love of physical activity and sport. This will help them live a healthy and active lifestyle. As a school, encourage all children to participate in at least 30 minutes of physical activity per day, in addition to two hours of PE lessons per week. A range of extra-curricular clubs are available where maximum participation and enjoyment are encouraged, especially in something they may not have taken part in before.

Implementation

As a school, we maintain strong links to the National Curriculum guidelines to ensure all aspects, knowledge and skills of PE are covered throughout the year groups.

Our detailed PE lesson plans, knowledge organisers and progression of skills ladders ensure that all teachers are equipped with secure subject knowledge to confidently deliver high quality teaching and learning opportunities. Lessons are planned to inspire and engage all pupils, ensuring children are given opportunities to recap existing skills, build upon these or develop more advanced skills and put these into practise when introduced to a specific game. Also, within the lessons, there are ways for the children be pushed on further, as well as additional assistance or scaffold when needed. Clear assessment criterias are used alongside a S.E.T skill (social, emotional and thinking) criteria to ensure teachers are aware of the child's outcome as well as understanding what they need to progress further.

We offer a range of extra-curricular clubs across the school during lunchtimes and after-school to promote a love of sport and to encourage children to try something they may not have encountered before. Additionally, we are always liaising with local companies/agencies that can offer something different and exciting for our children. This consists of additional workshops, lessons, festivals, tournaments or competitive matches on top of our two hour PE sessions per week, per class. In the summer months, an annual Sports Week and Sports Day is arranged for all children.



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Impact

Through pupil voice and surveys, children will be able to talk about the skills and knowledge they have acquired through their PE lessons as well as being able to talk about their love for particular sports or lessons which they have taken part in.

Children will learn life skills from their PE sessions which they will be able to take into everyday life and their future.

Through pupil voice, it will be clear to see that children have covered a wide range of fundamental skills throughout the year and are able to take these into their next school year where they can progress even further.

Robust assessment criterias enable us as a school to identify clear gaps in the children's physical education knowledge and the skills they are taught, as well as areas that were not covered due to unforeseen circumstances. This is all taken into consideration when planning their learning for the future. This enables children to access a varied and balanced physical education curriculum.

The sequence of PE skills taught

Our sequence of PE skills are taught carefully and are thought out well to allow the children to make maximum progress and succeed in all areas of the subject. In EYFS and KS1, the fundamentals of physical education are taught explicitly to ensure children have the skills that are needed to allow them to succeed in KS2.

These fundamental lessons consist of:

An introduction to PE: where they will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities, which will develop fundamental movement skills such as running, jumping, skipping. These skills are crucial for when they go onto taking part in specific games in KS2.

Ball skills: pupils will explore their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups. These skills are then developed throughout their time at The Reddings and eventually they are transferred into games such as football, basketball, dodgeball, golf, handball, hockey, netball, tag rugby, cricket, tennis and volleyball which they will explore in KS2.

Gymnastics and dance: gymnastics and dance are crucial for children to learn how to use space safely and effectively. IN EYFS and KS1, they will explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. They will also copy and repeat basic body actions and begin to see how this looks to a musical beat. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing which is then continued in every year group. This allows them to gain confidence in basic gymnastic and dance skills and using the apparatus safely and effectively.



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Net and Wall: pupils will be introduced to the basic skills required in Net and Wall games. They will learn the importance of the ready position. They will develop throwing, catching and racket skills, learning to track and hit a ball and they will learn to play against an opponent and over a net. They will begin to use rules and simple tactics when playing against a partner. These fundamental Net and Wall skills will be reviewed and deepened in KS2 PE sessions when they will take part in tennis, badminton and volleyball as well as demonstrating good sportsmanship and showing respect towards others.

Sending and Receiving: Pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by the rules to keep themselves and others safe. Sending and Receiving skills will be also be taught in depth in KS2 during netball and basketball.

Striking and Fielding: Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three. They learn how to score points and how to use simple tactics. They learn the rules of the games and use these to play fairly which is crucial for when they begin to look at the rules of rounders and cricket when they reach KS2. During KS2, they will also focus on showing respect towards others when playing competitively and develop communication skills.

Other PE units such as fitness, athletics, golf, handball, hockey, yoga, OAA and swimming and are all taught in KS2 PE lessons but all require all/some of the fundamental skills of physical education which is why we ensure these are taught explicitly from EYFS so the children can apply them to all games. Additionally, S.E.T (social, emotional and thinking) skills are visited in every PE lesson throughout the school and as a school, we are very passionate on ensuring our children are emotionally and socially ready to take part in any physical activity/game as an individual or as a team.