

Physical Education at Killigrew Primary and Nursery School

Intent

At Killigrew we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.

PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning. Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure all pupils:

- Develop competence to excel in a broad range of physical activities
 - Are physically active for sustained periods of time
 - Engage in competitive sports and activities
 - Lead healthy, active lives

We deliver a high-quality physical education (PE) curriculum that inspires all pupils to **succeed** and **excel** in **competitive** sport and other **physically demanding** activities. Through constant encouragement, we **motivate** our pupils to try their hardest in all aspects of the curriculum and lead **healthy** and **active** lives.

We provide opportunities for pupils to become physically confident in a way that supports their **health** and **fitness**, allows them to **compete** in sport and other activities, **builds their character** and embeds values such as **fairness, team work, honesty** and **respect**.

We want our pupils to not just know, apply and understand the matters, skills and processes specified in our ambitious programme of study, but most importantly to love their PE lessons so they continue to be physically active throughout their life.

We use our Sport Premium funding to offer a broad and diverse curriculum, which is well resourced and expertly taught. We ensure that all of our children, including those with SEN, join in all aspects of the curriculum and feel proud of their effort and achievement.

We know that many of our pupils enjoy sports outside of school, so one of our drivers for our PE curriculum was that we wanted to offer a broad choice of activities for our pupils so that they are able to enhance their existing skills in more traditional activities, but also experience less familiar PE activities.

We also wanted to focus on sportsmanship and the embedding of our Killigrew values in PE. We believe that if children apply our values of capability, curiosity, being collaborative, being conscientious and creativity in sport, then they will also apply these principles throughout their learning in class.

Therefore, we prioritise the application of our values in every PE lesson, within inter-house competitions, during the Daily Mile and when competing with other schools.

We know that some pupils are less confident with aspects of the PE curriculum, so our curriculum progression map supports teachers in helping these children engage in PE from their starting point and

thus celebrate individual success in every lesson. Through having several teams for different sports, we ensure that all children have the opportunity to play competitively.



Roundnet as part of Sports Week



Using the parachute for running games

Extracurricular

We provide a range of extracurricular clubs for sport at different times of the year including netball, basketball, tag rugby, football, table tennis, athletics, cricket, circuit training, cross-country and general fitness. We offer this range because we know that engaging in competitive sports develops the key skills of resilience, sportsmanship and determination. By offering a wide range, we ensure that every child can find a sport that they enjoy. We have been very successful in local and national inter-school competitions as our trophy cabinet and honour roll demonstrates

Implementation

Our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values, our whole child approach to PE and the objectives laid out in the National Curriculum. Get Set 4 PE is planned so that progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school.

We teach PE twice every week, with one indoor PE lesson and one outdoor games session. Each class has one lesson taught by our sports coach. We use our PE progression map to ensure that pupils are meeting or exceeding age related expectations in the key skills linked to the different aspects of the PE curriculum.

We supplement this with extra-curricular activities both at lunchtime and after school and through a dedicated sports week where children have the opportunity to try new sports. Through intra school competitions, which include sports days, house competitions and school cross-country races, we ensure that our pupils enjoy the more competitive aspect of the PE curriculum. We also take part in the daily mile with special daily mile events throughout the year.

Early Years

As these classes are part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Pupils develop their fine motor and gross motor skills through activities within the environmental provision. This ensures that pupils have opportunities to develop these skills independently and throughout the day.

Key stage 1

Pupils develop fundamental movement skills, become increasingly competent and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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

Key stage 2

Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

We teach pupils 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. They develop flexibility, strength, technique, control and balance. Pupils perform dances, using a range of movement patterns, and, where possible, link with the theme covered within that year group. They take part in outdoor and adventurous activity challenges both individually and within a team. Independently they compare their performances with previous ones and demonstrate improvement to achieve their personal best.



School Sports Day

We also enter inter school competitions through the Primary Schools Sports Association and the Harpenden School games partnership. Visitors to the school, who either talk to the children in assembly or work with them over the course of the day, enhance curriculum enrichment. In the past year this has included St Albans City football club, Oaklands women's basketball team, Saracens rugby and a representative from Hertfordshire cricket. We ensure that children engage with a range of visitors from diverse cultural backgrounds.



Year 5 and 6 netball tournament, Y4 tri golf and World Games Day

Swimming and water safety

At Killigrew, we provide swimming instruction for the summer term in Year 3 and continue this in Year 4 for the Autumn & Spring terms. In particular, pupils are taught to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situations. Any children who still cannot swim at least 25m have additional swimming lessons in either Year 5 or Year 6.

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma. Staff know about the safe practices involved in moving and using apparatus.

Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they are securely taped and the teacher is confident this strategy is effective. Our school provides an appropriate PE kit for all children and keeps spare sets in school.

Impact

We measure the impact of our PE teaching in different ways: we conduct pupil voice to collect the children's thoughts about the quality of their learning in PE. Recent pupil voice reflects how much the children, of all ages, enjoy PE (especially the high apparatus & the ropes).

We also include a 'whole school task' where the children's ability in running, throwing and jumping is monitored so that we can track progression as the children move through the school. Any children who need more support with their physical fitness are invited to a lunchtime fun fitness club. The children really enjoy attending this.

Our teachers and sports coach assess the children's work in PE, both by making informal judgements, as they observe them during lessons, and through assessing against the specific objectives set out in the National Curriculum and our skills progressions. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage. Teachers are supported with resources to know how to prepare children for their next phase of education, through team teaching with the PE lead and Sports Coach.



Two of our many football teams