St. Mary's Church of England Primary School, Fownhope

The Teaching of Physical Education (PE)

A rich education is more than simply learning reading, writing and maths. It is about helping a child grow into their full potential as inquisitive, well balanced and cheerful adults. As a Christian school we nurture children to display the 'fruit of the Spirit', which is "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control" (Galatians 5:22-23). At St Mary's you will find children growing in mind, body and spirit as they form good relationships with each other, the staff and discover a faith which will sustain them in a rapidly changing world. As our motto has it: "what we nurture today flourishes tomorrow".

Our philosophy for teaching Physical Education:
In PE lessons at St. Mary's we aim to teach the whole student, not just their body and movement. We will teach students about movement, strategies, teamwork, problem solving and health related fitness. We will expose students to various physical activities, sports, and methods of fitness in order to better provide enjoyment of physical activity, as well as build social, psychomotor, and cognitive skills. We strive to safely provide the means for students to enjoy physical activity, become more confident with their abilities, increase their knowledge of health related fitness, and help them find ways to continue to be physically active, regardless of ability.

Year Group	Intent – what we want to achieve (National Curriculum objective)	Implementation - what it looks like in the classroom	Impact – how we measure success and what we will see
EYFS	**Physical Development** **Early Learning Goal 04 – Moving and Handling** Children will learn to: • revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping and skipping • progress towards a more fluent style of moving, with developing control and grace • develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming • use their core muscle strength to achieve a good posture	Teach two discrete PE lessons every week. Give children regular access to a range of surfaces to feel, move and balance on. Provide regular access to floor space indoors for movement. Modelling of different types of movement. Model precise vocabulary to describe movement and directionality, and encourage children to use it. Introduce tennis balls, ping pong balls, beach balls and balloons. Introduce a range of resources used to bat, pat and hit a ball, modelling how to do this and giving children	**What we will see** • Confident, agile children who can move freely • Children enjoying PE lessons • Children confident to 'have a go' • Children enjoying a range of different sports and activities • Children who understand the rules and can play fairly

	when sitting at a table or sitting on the floor • combine different movements with ease and fluency • confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group • develop overall body-strength, balance, co-ordination and agility • further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming • develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	plenty of time for practice. Introduce children to balls games with teams, rules and targets when they have consolidated their ball skills. Create obstacle courses that demand a range of movements to complete, such as crawling through a tunnel, climbing onto a chair, jumping into a hoop and running and lying on a cushion. Provide opportunities to move that require quick changes of speed and direction. Invite sports professionals to come into school and work with the children, e.g. dance teacher.	**How we will measure success** • Observations • Photographs • Engagement with teachers and activities • Participation and agility at playtimes • 'expected' attainment in the 'moving and handling' ELG
Key Stage 1	**Sport & Games** • 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. **Swimming and water safety** *All schools must provide swimming instruction **either** in key stage 1 or key stage 2.* In particular, pupils should be taught to: • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively	• PE at St. Mary's C of E Primary School provides challenging and enjoyable learning through a range of sporting activities including; athletics, invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure. • Our long term plan/ rolling programmes set out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. • Pupils participate in two high quality PE lessons each week. In addition, children are encouraged to participate in the varied range of extra-curricular activities. • Children are invited to attend competitive sporting events within the local area e.g. multi-skills tournaments and futsal. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.	**What we will see** • We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. • From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. • We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

Key Stage 2	• perform safe self-rescue in different water-based situations. Pupils should 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 should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • 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.	• Each year several Year 6s become sports prefects in the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual sports day and any other Sporting activities. • Swimming sessions are arranged in order to meet the National Curriculum minimum requirements by the time pupils leave in Year 6. • Our sports apprentice completes an 'active start activity' with a different class each morning to help meet the government target of all children being active for at least 60 minutes a day. • Each class has adapted their PE lessons to be in line with our Covid-19 risk assessments. • Lessons are adapted to be fully inclusive for pupils with special educational needs and disabilities.	**How we will measure success** • Observation of teaching and learning • Peer assessment • Pupil and parent voice questionnaires.