

## **Physical Education at Old Park**

PE is led by the curriculum lead and our PE coordinator

### **Why Do We Teach PE at Old Park Primary?**

At Old Park Primary School, Physical Education is an integral part of our curriculum and we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve their potential. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development. We aspire for children to adopt a positive, fair and competitive mind-set and believe that anything can be achieved with determination and resilience. At Old Park we offer a dynamic and varied program of activity to ensure that all children progress physically through a purposefully planned and fully inclusive PE curriculum.

Our curriculum aims to improve the well-being and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their personal best. All children participate in competitive sport which can be against self and/ or others. We encourage children to transfer the school values and promises to sporting and physical activity, ensuring that they aim to be the very best that they can be whilst demonstrating some or all of our school values.

We aim for all of our children to be physically active for sustained periods of time and to be able to make informed decisions to lead healthy and active lives. Thus, embedding life-long values.

Swimming is a very important life skill and we aspire for all children to leave primary school having met at least the minimum requirements of the National Curriculum and have water safety knowledge that could get them out of danger and ultimately save their life.

We want all of our pupils to have positive PE and sport experiences and develop a lifelong love of PE for the rest of their lives and the lives of the people they will impact on in the future.

### **How Do We Teach PE at Old Park Primary?**

- PE at Old Park School provides challenging and enjoyable learning through a range of physical activity, exercise and sporting activities including invasion games, net & wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventure and swimming.
- The whole of Year 3 have swimming in the Autumn and Spring Terms then booster sessions are held in the Spring and/or Summer Terms for children in Y6 who have not yet met the curriculum requirements.
- We aim for pupils to participate in at least 1 hour 15 mins of high-quality PE lessons each week, covering one or two different sports/ skills focuses each half term.
- We are always working on ways to increase this PE time and offer other physical activity time without it impacting on all of the other important curriculum areas the children need to experience too.
- The long-term planning for each class, provided by our Complete PE scheme, sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met in a progressive and skill based way. This is tracked by the PE Co-ordinator and used as important data for transition at the end of the academic year, reports to parents so that the new class teacher is aware of what the class has already been

taught and can identify any areas that need further development or children that that may need stretching and challenging in the future.

- All staff can access the Medium-Term planning and half termly assessments for each class throughout the academic year through Complete PE
- Teachers use and adapt planning and resources to ensure lessons across years show progression and to show appropriate differentiation for all pupils in their class so they achieve their best, regardless of their starting point. The planning also gives extra support and ideas to challenge our more able pupils too, which is a great resource and help to staff.
- Children are encouraged to participate in a varied range of extra-curricular activities, both at dinner times, before school and after school. We provide inclusive and enjoyable clubs which increases children's physical activity and develops skills and interests further than in PE lessons. Clubs are offered to both KS1 and KS2 children and occasionally Foundation Stage too.
- Physical activity is embedded throughout the school day through initiatives such as The Daily Mile, Yoga and Brain Breaks, BBC Supermovers, Just Dance, Cosmic Yoga and a variety of physical activity breaks. Staff are also encouraged to plan PE and/or physical activity into everyday aspects of other curriculum subjects. Eg: Active maths, exercise and fitness through science, active history if learning about Olympic games etc.
- Active travel is encouraged through community and school based events like; walk to School Week, Active April, Step up Saturdays and Sundays etc.
- Children are encouraged to stay active at break times and dinner times and can access a variety of equipment to use in our different zoned areas. Our dinnertime supervisors are also trained in games and physical activities and play an active role in promoting this at dinner times. Our Sports coach also provides structured physical activity, games and sports throughout the week, based on his rota of dinnertime support across all of the year groups.
- All Year 6 children can become playground buddies for the school, through applying to our Buddy scheme. Training for this is provided by our DHT, PHSE Lead and some elements supported by the PE lead and/or sports coach. The playground buddies develop into pastoral, nurturing and sporting role models for their peers and younger children, assisting with and organising games and activities at dinnertime and supporting our lunchtime supervisors.
- Pupils from Y 3 to Y6 can apply to be a Sports Ambassador for our school. Meetings take place every couple of weeks and work with the PE Co-ordinator, Sports Coach and lunchtime supervisors to develop our work as an active school along with helping to make decisions about whole school events, potential fundraising events, extra dinnertime sessions, ideas for extra-curricular clubs as well as supporting in school sports events and festivals. We currently have 8 sports ambassadors who have made a great start to our projects and long term plan.
- Children are given opportunities to attend competitive sporting events and festivals within our school, the local area and beyond. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being, self-confidence and self-belief. These events also develop teamwork and leadership skills and are very much enjoyed by children.

### **Does Our PE Curriculum Influence Our Children?**

At Old Park, we ensure that our PE curriculum is broad, balanced and progressive which allows children to develop fundamental through to complex skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and opportunities to demonstrate improvement to achieve their personal best. Our pupils are more physically active, and this has a positive impact on their learning in the classroom, as well as their general health and wellbeing. Our children continually learn and understand how to lead a healthy lifestyle and the importance of regular, sustained exercise through PE and through other areas of our curriculum like science, PHSE and well being. This shows our belief that PE and healthy lifestyles underpins all our learning and that if we get it right, then it helps every other aspect of their learning be successful too. We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school. Children do represent our school at local sporting events and festivals and sometimes if possible much further afield depending on availability and success. Entrance into festivals and competitions, along with increased success in competitive events proves how our PE curriculum and our extra-curricular ethos give the skills, knowledge, enthusiasm and confidence to perform and achieve as well as they do. Alongside this, we share sporting achievements both in and out of school in celebration assemblies, notes home, sports class of the week, so that we are promoting sports and activities, as well as celebrating all levels of success. We are also developing an alumni concept with our current pupils as we hear about and share sporting and health related success of former pupils. We aim for all Year 6 pupils to leave school with the skills to competently and confidently swim 25 metres as per NC requirements or at least be able to swim to get themselves out of imminent danger.