

Intent

Why do we teach this?

At Caister Primary Federation we aim to ensure that the physical education curriculum inspires all children to participate and show resilience in learning new skills and enhancing previously learnt ones. It should be accessible for all children and provide them with the opportunity to experience success, regardless of their perceived ability.

PE should help children to develop an understanding of their body and the way it works. Teachers strive to help their pupils become confident in physical activity and to understand the impact it can have on their overall health and well-being. Making the connection between physical health and mental health.

We aim to provide physical education in a safe, well-managed environment in which the children feel in control and able to take risks. We want our children to have fun as they explore, develop and enhance their physical skills with increasing control and co-ordination. Whilst learning that mistakes are the key to improvement.

It is our hope that in developing their ability to play with others in a team, our children will develop a sense of citizenship and respect whilst learning to manage and communicate their feelings in an appropriate fashion. They will also deepen their understanding of what it means to be committed and determined to achieving the goals that they set for themselves.

Implementation

What do we teach? What does this look like?

- Quality PE lessons are planned for with the support of Get Set 4 PE.
- Each class has timetabled access to the hall every week, and the teacher is able to book the hall for further time slots if required.
- The playgrounds and field are used throughout the day to facilitate outdoor activities and learning.
- Teachers deliver planned PE lessons for a minimum of 1 hour per week.
- Teachers plan for outdoor/active learning every day.
- Children take part in a daily mindfulness session to strike the balance between body and mind. (Sessions include breathing, relaxation, meditation, yoga)
- In EYFS and KS1 regular active brain breaks are provided using Go Noodle.
- Swimming lessons are provided for KS2 by qualified swimming teachers at Great Yarmouth Charter Academy assisted by qualified staff.
- Structured activities at lunchtimes provided by play leaders enable children to play team games.
- KS2 children are given the opportunity to take an active role in leading sporting events throughout the year, including play times, end of terms and sports day.

Impact

What will this look like?

Our curriculum strives to enable our learners to become independent and take responsibility for their own health, fitness and well-being through the means of a high quality progression of knowledge and skills. Alongside explicit skill teaching, they are taught about self-discipline and encouraged to take ownership of their journey. Children will benefit from personalised feedback throughout a PE lesson which promotes reflection and growth.

If children are displaying confidence and accuracy in the skills laid out in our curriculum, they are deemed to be making good or better progress. The use of frequent assessment and the acknowledgment of staff and pupil voice in steering the learning of each class is crucial in maximising our impact.

A large factor that we consider when looking at the impact of PE in our school is the uptake of after school clubs and participation in inter school sports events and competitions.

Early Years Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning. The children have access to a range of daily activities to develop their fine and gross motor skills and they have access to a dedicated outside area with appropriate equipment. In addition to this, they have a weekly PE lesson.

Key Stage 1 & 2

The school follow the PE Scheme of work as set out by Get Set 4 PE (www.getset4pe.co.uk). The scheme is in accordance with the current National Curriculum guidelines and is adapted to suit individuals at a class and personal level catering for any additional needs that arise.

- Lessons are blocked in units of work to promote greater depth of understanding, development and application of these skills.
- Currently, we offer a block of 10 weeks swimming lessons for Years 3, 4 and 5