

Wroxall Curriculum Policy for Physical Education and Physical Activity

Wroxall's Vision for Physical Education and Activity

At Wroxall Primary School, our vision for Physical Education is that every child should have the opportunity to develop their physical confidence and competence to enjoy being active in a fun and inspiring way. We aim to provide a physical education curriculum that inspires all our pupils to succeed in competitive sport and other physically demanding activities. We also strive to give as many children as possible the opportunity to participate in a variety of competitive sports during their school life, giving them the prospect of understanding what competition feels like, what it is to work as a team and how to show resilience through different challenges.

Wroxall Primary School understands that we have a responsibility to help pupils establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things pupils can do to maintain and improve their physical health, mental health and overall wellbeing. Promoting a physically active lifestyle among young people is important because:

- Physical activity can help increase pupils' capacity for learning.
- Physical activity has substantial health benefits for pupils, including favourable effects on endurance capacity, muscular strength, body weight and blood pressure.
- Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

Every pupil will be taught to develop the knowledge and skills necessary to regularly participate in physical activity, maintain fitness, understand the short and long-term benefits of such activity, value and enjoy physical activity as an ongoing part of a healthy lifestyle.

Curriculum coverage of Physical Education

Early Years Foundation Stage

Physical development is one of the three prime areas within the **Early Years Foundation Stage** (EYFS). Each prime area is divided into Early Learning Goals, for physical development these are:

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Gross motor skills
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- Fine Motor Skills

Children at the expected level of development will:

- Hold a pencil effectively in preparation for fluent writing
- using the tripod grip in almost all cases;
- Use a range of small tools, including scissors, paint brushes and cutlery;
- Begin to show accuracy and care when drawing.

Key Stage 1 and 2

Within each academic year, children will focus on a wide variety of Physical activities and sports. Children are given the opportunity to develop their fundamental multi-skills through different activities and competitions.

Specialist PE teaching is planned for provided in KS1 and by specialist sport coaches for KS2 classes. Each class will have 2 hours of P.E lessons per week.

Wroxall pupils will also have opportunities to participate in taster sessions for a range of sports that are available to them in the local community.

The table below shows the Physical Education topics that are currently delivered to each year group.

Most year groups have both a movement (dance/gymnastics) and a 'games' lesson each week, allowing for both areas to complement each other.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R/1	Multi-Skills Playground games	Gymnastics	Multi-Skills Fitness for fun	Multi-skill Dance	Multi-Skills Team sports	Multi-Skills Athletics
Year 1/2	Multi-Skills Playground games (Handball)	Multi-Skills Gymnastics	Multi-Skills Fitness for fun	Multi-Skills Dance	Multi-Skills Cricket	Multi-Skills Athletics
Year 3/4	Football	Basketball/Gymnastics	Cricket/Dance	Handball	Cricket	Athletics Swimming
Year 4/5	Handball	Basketball Gymnastics	Gymnastics/Dance Indoor athletics	Cricket	Tennis	Athletics
Year 5/6	Handball	Basketball Gymnastics	Gymnastics/Dance Indoor athletics	Cricket	Tennis	Athletics

Swimming

Year 4 will have a course of swimming lessons from a qualified swimming instructor to meet the national curriculum requirements.

Promoting sustainable travel and road safety

In Year 4 the children are given the chance to develop their road safety awareness through Scoot ability. This is run over 4 sessions and led by instructors from 'Shift It'. Pupils are taken out of the school to understand how to be safe on pavements and roads. Year 6 take part in Bike ability, which is run by the Isle of Wight Fire and Rescue Service. Children, through five 3-hour sessions, learn about road safety and are given the chance to become proficient cyclists. Pupils have the chance to earn their level 1 and 2 Bike ability certificates. Pupils are encouraged by all to lead an active lifestyle; the 'Shift It' app records how children arrive to school. The school promotes active travel by having plenty of scooter and bike racks for the pupils to use.

Children with SEND

At Wroxall our aim is that a broad and balanced curriculum with support and challenge should be accessible to all children, including those with SEND. Children who are identified as having SEND or additional needs will have an individual support plan. The provision and targets identified within the plan may well have relevance to learning in P.E. as well as English or maths. This could include needing additional reinforced instructions, visual cues, preferential seating, overtly teaching associated vocabulary or providing split-inputs to name but a few. As such the class teacher will seek to differentiate learning within lessons to ensure its accessibility to all children.

Cross-Curricular links

Wherever possible, the PE curriculum will provide opportunities to establish links with other curriculum areas. These may include but are not limited to:

Mathematics

- Pupils further develop their counting skills by keeping score during team games.
- Pupils are encouraged to measure and record what they do accurately, for instance, how far they can throw a ball.

RSHE

- The benefits of exercise and healthy eating are explained to pupils.
- Pupils are encouraged to make informed choices about their lifestyle.
- The opportunity to act as team leader or part of a team is provided.
- Pupils' self-esteem is promoted.

Spiritual, moral, social and cultural development

- Pupils learn to express their feelings in a healthy way.
- Team and group activities develop pupils' social skills and help them to cooperate with other people outside of their friendship group.
- Pupils are encouraged to respect other pupils' levels of ability.

Encouraging physical activity

In addition to PE lessons, opportunities for children to be physically active are woven into the school day.

Pupils will be encouraged to engage in moderate to vigorous intensity physical activity for at least 60 minutes each day across the week, this will include all forms of activity such as PE, active travel, after-school activities, play and sports.

Lunch and break times will provide opportunities for physical activity. The school has playgrounds with playground markings which the pupils will use on a regular basis. Break and lunchtime supervisors will encourage pupils to engage in physical activity at lunchtime. All children have opportunities to use the school's adventure play area during the week. The equipment has been carefully designed to encourage balance, build core muscle strength and encourage team work and cooperation. The school PE coach also promotes physical activity during lunch break each day by setting up activities and encouraging children to become actively involved in team games.

The school has a 'Wroxall kilometre' marked on the playground. Children have regular opportunities to walk or run around the track and measure how far they have travelled. School targets are set in relation to the distance travelled.

The school takes part in active travel challenges to encourage children to walk, scoot or cycle to school and ensures there are safe areas where children can store bikes and scooters.

The school will regularly hold achievement assemblies to celebrate physical achievements as well as academic performance to raise pupils' confidence and self-esteem. Certificates will be provided to pupils who are trying their best at a new activity or who have achieved their personal best.

Extra curriculum activities

The school provides a wide range of PE-related activities for children of all ages and abilities at the end of the school day. These encourage children to further develop their skills in a range of the activity areas. Extra-curricular opportunities will be provided to pupils with the aim of allowing them to put into practice the skills they have developed in lessons, as well as foster a sense of cooperation among pupils, whilst introducing a competitive element to team games.

Activities for children to get involved with may include, but not limited to, the following:

- Cricket
- Football
- Multiskills
- Basketball
- Dance

External sports coaches will lead activities and clubs, where appropriate.

At the beginning of each half-term, parents will be made aware of the extra-curricular activities on offer at the school via email.

The school also plays regular fixtures/competitions against other local schools for fun. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children. Pupils and parents will be made aware of these fixtures with due notice. Participation and success of extra-curricular events, such as sporting competitions, are celebrated during assemblies.

By participating in additional opportunities offered to the school such as Hampshire games festival, UKSA taster days and the PEACH games, the school also seeks to introduce children to new physical activities they may not have experienced before such as sailing, rock climbing and archery

How we plan learning in PE

Our school uses the National Curriculum as the basis for its curriculum planning in PE. These are adapted, by sport coaches, to meet the needs of each individual class and are supplemented with ideas and activities from other sources to develop a high level of competency when it comes to physical education and sport. Lessons are planned to ensure that they are fully inclusive and take account of children's differing needs and physical ability. Lessons are built around the various skill set required of games and STEP (space, time, equipment and people) variation is built into every lesson.

Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively. The PE activities are planned so that they build upon the prior learning of the pupils. The pupils are given a wide experience of different sports and challenges throughout different year groups (as shown by the curriculum coverage).

While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they develop their skills through the school.

How we assess learning in PE

In the Foundation Stage, Physical Development levels and progress are recorded by the EYFS teachers for each child.

The assessment of PE at Wroxall Primary School is in accordance with the National Curriculum 2014 attainment target for each key stage.

Assessment is carried out by specialist sport coaches in the course of the normal class activity. This is done mainly through observations and sometimes through discussion with children. Assessment of PE is an ongoing process. As each lesson progresses, the teacher carefully observes and assesses, intervening as necessary, to ensure that each child makes the full progress of which they are capable.

Health and Safety

In this particular subject we place particular emphasis on health and safety. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. There is no jewellery to be worn for any physical. In the event of no kit or trainers children will be given a spare school PE Kit and it will be at the teachers' discretion to determine whether the child's school shoes are suitable for physical activity.