



Physical Education at DSJ

Intent Statement



The National Curriculum for physical education aims to ensure that 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.

At Deeping St James, a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We are committed to ensuring that children are able to engage fully in Physical Education providing opportunities for all. The aim of our PE programme is to develop children's basic physical competencies in their ability and build the foundations for a lifelong love of sport, physical activity and to lead a healthy lifestyle. PE lessons encourage children at DSJ 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.

At DSJ we intend to:

- To nurture confident, resilient children who will strive for their personal best.
- Provide them with a wide range of active experiences, sports and clubs - to include both competitive and non-competitive opportunities.
- Aid our children in obtaining the values and skills to celebrate and respect the success of others, as well as modestly celebrating their own successes.
- Compete in a wide range of sporting events and showcasing the talents that individuals, and groups of, children have; teaching them how to cooperate and collaborate with others to form part of an effective team.
- Through Inspire+, motivate children by inviting Olympians and Paralympians into school for them to share their own journey to success; including the highs and the lows before achieving their goals.
- To educate children and families to develop a greater understanding on how to live healthy lifestyles and make healthy choices.
- Promote the NHS 5 Ways to Wellbeing to support healthy minds as well as bodies, teaching our children how they can look after their mental health and well-being.

We want all children to enjoy Physical Education helping them to build their self-esteem, confidence and resilience.

Implementation

Physical Education at DSJ has our 4 key learning behaviours at its core. It promotes cooperative group working, resilience to take risks, persistence to solve problems and determination to improve.

At Deeping St James, we have adopted Get Set 4 PE scheme to teach our PE across the school. This scheme ensures that children are given a wealth of opportunities to develop their physical movement skills as well as achieving whole child objectives.

EYFS Physical Development

In Reception class children begin to develop the foundations of movement through accessing the Physical Development strand of development matters. In order to develop these skills this is taught discretely within the continuous provision throughout the day and through some focus activities. Reception class also have 2 formal PE sessions each week in which teachers use the Get Set 4 PE plans for progression through the following:

- Introduction to PE
- Fundamentals
- Games
- Gymnastics
- Dance
- Ball Skills

KS1 & KS2

In KS1 and KS2 children have at least 2 hours of quality PE sessions a week following the prescribed Get Set 4 PE plans. In a PE session you will see:

- Consistency in routines including an introduction and warm up, skill development and plenary.
- Collaboration and opportunity for partner discussion.
- Opportunities for children to work independently and together.
- Opportunity for children to perform and feedback.
- Subject specific vocabulary that builds on previous learning/year groups.
- Progression in equipment used with year groups.

In addition to PE lessons, children throughout the school are involved in the following physical activities to promote 60 active minutes a day:

- Daily activate sessions after assembly to promote concentration and a readiness to learn.
- Daily Mile – the children access the all-weather track to complete this each day.
- Use of trim-trail, playground equipment and filed/tyres (weather permitting) every break/lunchtime.
- Morning break – 15 minutes (whole school)
- Lunchtime – 1 hour, at least 30 minutes of physical activity (whole school)
- Afternoon break – 15 minutes (EYFS/KS1 pupils only)

Children at DSJ are invited/encouraged to participate in extra-curricular activities and clubs throughout the year which are run by school staff and external coaches. These are targeted to specific year groups to ensure that throughout the year there are opportunities for all.

Playground games are set up at playtimes and lunchtimes for all children. Each year 'Playground Leaders' are trained from Y5&6 to run games at lunchtimes for all children. After completion of a 6-week training programme these children organise games and activities for all, actively encouraging the younger children to join in, teaching them about fair play, inclusion and enjoyment for physical activity

In Year 6, up to 4 children, are selected by the PE Lead to become Sports Ambassadors. These pupils are chosen based on their contribution to sport throughout their time at DSJ and also their commitment to out of school sporting clubs. The PE lead strives to have representatives from a variety of local clubs in the immediate community such as: Deeping Utd, The Deepings Rugby Club, The Deepings Swimming Club and Ministry of Dance to name a few. The Sports Ambassadors role teaches responsibility and leadership; it also enables pupils to become positive role models for other children. These selected pupils access training to develop their skills, support KS2 teachers to lead daily activate sessions, promote sports through a visual display board, lead assemblies based on variety of sporting & health issues, have input into DSJ Sporting news in the termly newsletter and run (with supervision) extra-curricular clubs.

The Year 6 teacher also elects 4 Sports House Captains, one for each of the coloured school houses, these pupils are role-models and head up their school team on School Games Day. At DSJ we hold a yearly competitive sports day where every child, in every year partakes in more than one competitive race. Each year DSJ adopts an Olympic style theme in which each coloured house represents a country. The day consists of an opening ceremony, a variety of races and a winning team – the house with the most Golds. Every child who takes part receives praise by competing regarding their place - Gold, Silver, Bronze or praise for 4th, 5th, 6th, 7th, 8th place stickers are given immediately at the end of each race. Children are encouraged and celebrated by everyone, regardless of their ability. Sports House Captains and Sports Ambassadors are essential in the smooth running of this event.

Children in Year 6 attend an outdoor and adventurous activity based, residential for 2 nights each year. During this they face many challenges and are encouraged expertly to face them – putting into place the schools 4 key learning behaviours. A motto of 'Challenge by Choice' is promoted at the centre and team work, encouragement and support of each other is at the forefront of children tackling and succeeding at these challenges.

Due to closure of local amenities and a lack of availability within the locality currently only Year 6 can access swimming lessons. In these lessons' children are taught to swim – aiming to reach the expected standard:

- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- perform safe self-rescue in different water-based situations.

Prior to the issue with a lack of local amenity all years from Y1-Y6 accessed swimming for a 6-week period in a school year. DSJs aim would be to reinstate this when appropriate facilities and slots become available to us.

Impact

Our curriculum is designed so that children are taught a variety of activities throughout their key stage and there is a progression journey through all of these aspects. Each area of PE has a progression ladder which shows progression of skills pupils should work through from EYFS to Year 6. Children deepen their understanding of PE, year on year, by being introduced to specific vocabulary linked to specific areas of sport, these are mapped on a vocabulary pyramid for each area.

All children have the opportunity to take part in extra-curricular activities/festivals and competitions. Children are able to demonstrate their skills in intra and inter sports competitions that are provided through Inspire+, School Games and the local cluster. All children in school have the opportunity in the summer term to take part in our School Games day.

Children will become confident within the different strands of PE and show resilience when tackling new skills.

Monitoring

PE is monitored by using staff and pupil voice activities as well as SLT organising coaching opportunities in Physical Education lessons. End of unit assessments are completed by staff to ensure children are tracked and targeted in areas needed – these are recorded through the assessment package on GetSet4PE. Inclusion in extracurricular clubs and representing the school at sporting events is also recorded on this system.

Through competitive sporting events children are equipped to partake and do their best displaying the qualities of good sportsmanship alongside the determination to perform the best for their team. A teamwork ethos is instilled in pupils, encouraging and supporting others regardless of their ability; knowing how important teamwork is.

Children who are more inclined to avoid sport/physical activity are provided with opportunities throughout the year to attend festivals and extra-curricular clubs where inclusion rather than competition is key. Promoting physical exercise with these pupils supports in their education to adopt physical activity as part of their healthy lifestyle.

By the end of KS2 children know how to keep themselves fit and active, they understand the importance of this for a healthy body & mind, they understand what a healthy lifestyle looks like and they have a strong awareness of how fitness can support good mental health. Through inspirational talks, clubs and assemblies by Olympians and Paralympians, the children are motivated to give things a try, understanding that it is not always easy but not to give up – developing their individual resilience.

Children at Deeping St James leave our school motivated to take on the next challenge and are equipped with the necessary skills for Secondary School and life beyond.

Assessment

The Impact of our PE Curriculum is measured in a number of ways:

- A sports tracker is used to record all clubs, sporting competitions, festivals entered and events entered and participated in - allowing leaders to monitor the participation rates of different groups of children; insuring there are inclusion opportunities for all pupils.

- The GetSet4PE assessment system is used for monitoring attainment of pupils in the strands of PE taught each year. Staff need to ensure these are completed 3 times in a year for the sports covered in Autumn, Spring and Summer Term. Staff have the flexibility to complete these after completing a unit with their class – although this is not an expectation. The children are matched against the year group expectations and categorised as either Working Towards (<), at The Expected Standard (=) or Exceeding the standard (>). These assessments are then monitored and impact fed back to relevant stakeholders by the PE Subject Lead.