

# Physical Education at Offley Endowed Primary School and Nursery



## PE at Offley

We recognise the importance physical activity plays in our general well-being and its effect on raising achievement across the whole curriculum. We also recognise the importance physical education plays in enabling pupils to move efficiently and safely, giving them confidence in the control of their bodies. In addition pupils will, irrespective of their ability, enjoy success and be motivated to further develop their individual potential.

- develop pupils' physical competence and confidence and their ability to use these to perform responsibly in a range of activities, independently, as a group or as a team.
- promote physical skilfulness, physical development and knowledge of the body in action.
- provide opportunities for pupils to be creative, competitive and to face up to different challenges as individuals as groups and teams with increased levels of resilience.
- promote positive attitudes towards active and healthy lifestyles.
- learn how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness.
- to promote understanding of safe practice, develop a sense of responsibility towards their own and others safety and well-being.

Through the teaching of PE we can also:

- develop pupils' thinking skills
- promote awareness and understanding of gender, culture, spiritual and moral issues
- develop pupils as active citizens
- develop an understanding of British Values



## Achieving our aims

All children receive 2 hours of quality PE lessons per week taught either by a class teacher or by our specialist sports coach

Progression and continuity are achieved through competent teaching of a core programme of skills in Foundation stage followed by the National

At Key Stage 1 pupils develop fundamental movement skills such as running, jumping, throwing and catching and become increasingly confident and competent in games, gymnastics and dance. Pupils will initially work on their own and then work alongside showing, sharing and eventually working with others. They will work co-operatively and in competitive situations.

At Key Stage 2 pupils are taught games, gym, dance, and athletics through a range of different sports. The focus is on applying and developing a broader range of skills and building on what they have learnt in KS1. Pupils will link and sequence skills and actions on their own and with others. Pupils will initially learn names of equipment and basic codes of practice working towards understanding and applying safe practice in a variety of settings. Pupils will be given opportunities to follow tasks set by the teacher, make up their own ideas, problem solving, creating ideas with others and talking about their performances. Children learn about stamina and are encouraged to strive to achieve their personal best.

## How do children make progress?



Lessons are planned in line with Early Year Foundation Stage goals and National Curriculum objectives. Teachers use a progression of skills document to ensure that all children at Offley are developing their fundamental movement skills in early years and then are being given opportunities to apply and develop a broader range of skills in all strands of the PE curriculum. Pupils are assessed half-termly to ensure progress in all year groups can be tracked and future planning builds on previous learning. Lessons comprise instruction, modelling, practise and feedback to allow pupils to master skills and build confidence and competence. Performance and critical feedback forms an important part of many dance and gymnastic lessons and in games, pupils are given opportunities to practise skills in competitive situations. Key vocabulary will be displayed in lessons and video clips used to aid instruction, as well as filming parts of lessons for self and peer assessment. Pupils with SEND take part in PE lessons wherever possible with reasonable adjustments or support in place to ensure the child is working at the appropriate level of challenge. If a child has 121 support, they will accompany the pupil in their PE lesson. Pupils know what they need to do to make progress through verbal feedback in the lesson and in Key Stage Two are encouraged to self assess against success criteria and modelled examples. Pupil feedback to the Subject Leader confirms that pupils at Offley enjoy their PE lessons and can see the progress they are making. Teachers respond to preferences in year groups when deciding which sports are used to teach skills and the Long Term Plan is adapted to respond to the needs of individual groups of children.

### Competition

All children are encouraged to represent Offley School competitively by the time they leave for secondary school. Fixtures include football, netball, cricket and athletics. As members of a Rural Schools Sports Association, we work collaboratively with other local schools to provide competitive opportunities for pupils. We hold an annual sports day for all children which results in a House Cup and intra-competitions are held both in lessons and in after- clubs. We also hold specialist in-school events linked to world events such as the Olympics.

### After-school Clubs

A range of after-school clubs are offered including football, netball, cricket and multi-sports.

#### Swimming

All pupils in Year 3 and 4 attend a 30 minute swimming lesson at a local pool using trained swimming instructors. At the end of the 10 week block, children are assessed against the NC standard and invited to swim again in Y5/6 if they need further lessons. Sports Premium money is used to fund Y2s swimming lessons to help build water safety and confidence.

### Wellbeing

Children are taught about the link between physical activity and mental well-being. We regularly hold Feeling Good weeks where external providers hold workshops such as boxing and mountain biking to encourage pupils to try something new.

#### Challenge Sport and Education

Offley have had a close working relationship with CSE for several years. A specialist PE coach teaches some of our PE lessons, runs after-school sports clubs and up-skills staff. We value this relationship and how it has raised the profile of PE and sport at Offley School.