PHYSICAL EDUCATION GUIDELINES (CURRICULUM)

Reviewer: Ashley Holden

Updated: October 2022

Review: Autumn 2024

Introduction

This document is a statement of the aims, principles, strategies and procedures for the teaching and learning of Physical Education (PE) throughout the school.

Intent

Our PE curriculum inspires all children with the opportunities to develop their physical skills to prepare them for life with physical activity at its core. It promotes the importance of teamwork, leadership skills, mental health and the idea of being your best.

Children experience a wide range of sports and activities, each of which will give them opportunities to explore their abilities and recognise transferrable skills across the curriculum. All children have 2 PE sessions per week taught by a specialist PE Teacher. The school also offers a large number of after-school sporting activities.

Most importantly, PE is central to school life in that it promotes self-esteem, independent learning and teamwork – skills essential to learning in other subjects and the wider world.

Aims

- To improve the physical capabilities of all pupils through taught lessons covering a diverse range of physical activities and in so doing introduce them to a 'sport for life' which they will still be playing in adulthood.
- To encourage and develop body awareness and an understanding of the importance of healthy lifestyles in order to equip our pupils for life after school in an increasingly sedentary world.
- To extend children by developing their abilities and allow them to experience competition against others through both intra and inter school competitions.

Implementation

National Curriculum

At Key Stages 1 and 2, units of work are planned in accordance with the requirements stated in the National Curriculum document. Cross-curricular links are explored where appropriate.

Planning and Teaching Methods

Lessons are planned according to units outlined on the school's curriculum plan. Within these units, planning takes account of the progression of skills within the National Curriculum.

Lessons teach skills that enable children to improve their practical skills as well as working on teamwork and leadership skills.

Progression for all pupils

At Whitegrove we provide a broad and balanced curriculum for all our pupils. We recognise the fact that there are children of widely different abilities and varying needs in all classes, and we provide suitable learning opportunities for all children by differentiating activities within PE to ensure that the specific needs of individual children are best met. Children are encouraged and supported to develop their skills in this subject.

We achieve this by:

- responding to pupils' diverse learning needs;
- setting tasks of increasing difficulty;
- providing resources of different complexity, according to the ability of the child;
- modelling, rehearsing and practising skills frequently;
- using classroom assistants to support the work of individual children or groups of children.
- increasing both the degree of skill, knowledge and understanding.

Assessment

Children's progress in PE is assessed against the Age-Related Expectations. These describe the types and range of performance that the majority of pupils should characteristically demonstrate, having been taught the relevant programmes of study.

The role of the PE Leader

- Ensuring that PE and physical activity retains its importance in our school environment.
- Keeping colleagues informed of changes and developments within the subject.
- Monitoring the relevance, continuity and progression of the PE curriculum throughout the school and implementing any action needed.
- Keeping, updating and extending resources, ensuring staff are aware of their availability and identifying future needs.
- Keeping own skills and knowledge up to date through reading and attending relevant courses and by developing links with sources of expertise and information beyond the school.