

Subject Rationale

Our vision for Physical Education

We aim for the children of St Mary's to develop the skills of an effective, lifelong learner, build successful relationships and demonstrate Christian values consistently. We want our children to build on their natural enthusiasm for movement by developing their skilfulness and knowledge of the body in action through exposure to a range of sports. We aim to encourage our children to be creative, competitive and face challenges as individuals and in groups and teams. As a school, we encourage and hope that pupils will discover their aptitudes, abilities and preferences, making choices about how to get involved in lifelong physical activity. We use qualified professional coaching staff to support and extend our children's learning and understanding of active, healthy lifestyles. Our vision is that children will work towards their personal best, challenging themselves to better their achievements and celebrate and support each other in their learning journeys.

The content of our Curriculum for Physical Education

We follow the Lancashire Scheme of work as a base for adaptation and development as it extensively covers a variety of sports and skills that we expect our pupils to develop. The National Curriculum requires pupils to develop competence in a broad range of sports and be physically active for a sustained period of time. We achieve this by ensuring that all children have access to 2 hours of physical education each week and covering a different skill/ sport focus each half term, in line with curriculum guidelines. In Year 3 children will access a high quality swimming curriculum with the opportunity to revisit this in year 4 if the skill has not been secured.

In EYFS, Physical Development is split into two strands: Moving and handling, and Health and Self Care. Children will progress towards achieving the Early Learning Goal by the end of Reception. It is expected that children are provided with opportunities to develop their spatial awareness, free movement and improve a range of fine and gross motor skills through structured and experimental experiences with confidence and skill.

In KS1 children will be introduced to invasion games, net/wall games, gymnastics and striking and fielding games across a 2 year cycle, ensuring they access at least 2 different variations of the skills involved.

As children enter KS2 they begin to develop their skills further in the same areas of KS1 developing their competence by adding further skills and accessing a range of different sports to increase their experiences. At KS2, children will also access a dance curriculum and Upper Key Stage 2 also access Outdoor and Adventurous activities on a 2 year rolling basis.

As children progress through St Mary's they will become more confident with using and accessing a wide range of equipment.

Progression of skills and knowledge

Our curriculum has a strong focus on developing children's skills, knowledge and vocabulary by building on their prior learning. As children progress through the key stages, their experiences broaden by introducing new concepts but also develop by reinforcing and extending skills within the same concepts. As children progress, they will begin to access more skillful components, develop their understanding of rules and fairness whilst building on the development of achieving a personal best. We aim to ensure that children progress not only with their skill and sporting ability, but also with their mindset and self-esteem. This includes children's ability to collaborate and communicate positively with others.

Inclusion

Inclusion is a vital component of PE as all children have the right to access a rich and varied curriculum. Achievements of all pupils will be maximised by providing variations of tasks, pace of response, level of support and group structure. Pupils with specific disabilities and / or health conditions will be included in all activities (adapted where necessary) to ensure their needs are met.

We encourage all children to experience some inclusive sports, developing their empathy and understanding of physical ability. Throughout the academic year, inclusive competitions and festivals are held within the borough which children at St. Mary's are entered into, to encourage and motivate them.

Opportunities & Resources

To supplement the curriculum content, we also offer our children a range of extra-curricular activities that provide further opportunities for children to experience that go beyond the curriculum.

A key component of PE is the development of competition which we promote by entering into a range of competitions as a cluster and within the Wigan borough, with opportunities to excel to the county competitions.

Resources are situated in the PE storeroom and the sports container on the KS2 playground. These are reviewed on a regular basis to ensure that all resources are to the highest standard and fit for purpose.

Assessment and Monitoring

Children are assessed half termly against the expectations for the skill/ sport focus. The assessment is made over a period of time based on multiple activities. Evidence could be collected using a number of strategies such as: observations, discussion and performance.

This is then passed to class teachers where necessary and recorded using the agreed format.

Fitness assessments using the 'bleep test' programme will be collected termly to track progress.

Data is monitored by the subject lead and PE teaching staff to ensure that children are provided with a progressive curriculum, focusing on children's strengths and developing their weaknesses.

Monitoring will be done in a range of ways including:

- Learning walks.
- Pupil discussions.
- Regular evaluation of the curriculum/ action plan.
- Registers for extra-curricular attendance.