



# Limehurst Primary School

## **Subject Leader Report: Physical Education (P.E) by Donna Duffy**

### **INTENTION: Subject Overview**

Limehurst Primary School recognises and values the importance of Physical Education (P.E). PE at Limehurst Primary School aims to develop a fun, high-quality physical education curriculum through a scheme that inspires all pupils to succeed and excel in competitive sports and other physically demanding activities.

Get Set 4 PE fully adheres to the aims of the national curriculum for physical education to ensure that all children:

- 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 It is our intention to build a curriculum that enables children to develop knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing values and transferrable life skills such as tolerance, fairness and respect.

Through enrichment activities and in house school competitions, we aim to raise the profile of PE and expose our children to sports they may never have had the opportunity to engage with. The PE scheme Get Set For 4 PE is based on an enhanced model of the Early Years Framework and the National Curriculum with a clear progression structure from Reception to Year 6. This progression of skills has been planned in order to build on the skills needed to meet the end of Key Stage objectives in the National Curriculum. Additionally, an imperative element of the curriculum at Limehurst Primary shows a need for healthy lifestyles, a balanced diet,

positive growth mind-set and the resilience to persevere. We are passionate about the need to teach children how to co-operate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. We aim to ensure that the children's experience of Physical Education is positive and motivating and that children's attitudes to a healthy lifestyle are firmly embedded in our curriculum.

### **IMPLEMENTATION: Planning, sequencing and skills progression**

The PE curriculum is taught using the scheme GET SET 4 PE, which is in-line with the National Curriculum, and is used to aid teaching staff in their subject knowledge and planning of PE. Teachers are able to adapt lessons to suit the needs of their classes, but the scheme provides a strong basis of what is expected in each year group and how to differentiate to meet the needs of every child. Each class has access to one hour of high-quality physical activity every week. These are either taught by the class teacher or by a specialist sports coach. Each lesson, children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills are recapped throughout, and across, the years, each time they are being built upon; allowing children to know more and remember more. Both Year 5 and 6 pupils receive weekly swimming lessons with the aim that by the end of Year 6 all children are able to swim a minimum of 25m unassisted. These lessons run throughout the whole year but alternate between classes in each year group, giving the children the opportunity to take part in other sports throughout the year too. We offer a wide range of sporting after-school clubs run by both teaching staff and outside agencies when possible. Different clubs will run on different days throughout the year.

All children receive a broad and balanced PE curriculum regardless of year group or ability. Every child will access all the key areas of the subject on offer at our school. The scheme has a clear progression of skills and knowledge to ensure that all children access it at an age-appropriate level. As well as our regular PE lessons, we hold daily opportunities for physical activity such as The Daily Mile and playground games at lunchtimes.

### **IMPLEMENTATION AND IMPACT: Assessment, monitoring and evidence**

Our scheme of work is monitored by formative and summative assessments. Photographs and videos of the children will be kept as evidence at any stage throughout the year to celebrate children's success within a lesson. In all classes, children possess a wide range of physical abilities. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child.

Our scheme of work aims to improve the wellbeing and fitness of all children at Limehurst Primary school; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. Through strong links with PHSE we promote the overall well-being and health of each child through teaching about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Pupils voice plays an important part in developing the PE curriculum as we are keen to learn that children are enjoying achieving during PE Lessons. Children at Limehurst School make good progress in PE and are eager to attend after school clubs and competitive sports events when opportunities arise.

### **Other Key Information if applicable (subject specific)**

- Each unit of lessons includes multiple teacher videos to develop subject knowledge and support ongoing CPD.
- GET SET 4 PE offer online webinars and training videos which can be accessed by any member of staff to develop subject knowledge and CPD.
- Sports Leaders are selected at the beginning of the year and trained to deliver games at break and lunchtimes. They dedicate their play and lunch times to encourage a healthier, safer, more active, social and friendly playground. The project has had a massive impact with better behaviour at lunchtimes because pupils are actively engaged in activity, and the leaders' confidence and self esteem has risen.