



PE - Physical Education Policy and Vision



Intent

At The Deans Primary, our aim is to provide pupils with the opportunity to try and experience the world of Sports through an enriched, high-quality Physical Education curriculum, that inspires all pupils to succeed and excel in competitive sport and other physical activity. Our vision is to provide opportunities for pupils to become passionate and resilient learners and find ways that support their health and fitness, in order for them to maintain a healthy lifestyle. We want PE to help our children prepare for the world, both mentally and physically, ensuring that our children grow to lead healthy, active lives through motor confidence, rules & strategies, targets and a healthy lifestyle.

Through this vision, we aim that all children:

1. Find a passion and a love of Sport

Our vision is for all of our pupils to hold a positive view and attitude towards PE and to find a physical activity they can enjoy or thrive in. Through the skills and knowledge being taught in our PE curriculum, we aim to promote not only a love for Sport but a deep understanding of the subject in order to create an **environment which is stimulating and interesting**.

2. Work independently and as part of a team

We offer our children a breadth of opportunities in PE, which includes: a vast range of skills and sports taught but also a large selection of extra-curricular activities, high involvement in competitions and support from our community links. We aim to promote a strong sense of team work and resilience when working independently and as part of a team; we want our children to learn new skills through a range of activities. Our PE lessons are tailored to ensure that all pupils progress and allow children to reach **attitudes of the highest standard** which allow each child to reach **his/her full potential**.

3. Have and maintain an active and healthy lifestyle

It is important to us that our children feel supported in leading a healthy and active lifestyle. We wish to provide children with the understanding and opportunities to ensure that they have the capacity to do this. We want the profile of PE to continue to be raised across the school, with the aim to increase passion, resilience, knowledge and skills of all pupils and staff in the teaching and learning of PE, in order to pupils to leave us with a set of knowledge and skills that **equip each child with social and life skills**.

CULTURAL EXPERIENCES-

Enrich and enhance PE learning through carefully planned experiences linked to our class learning topics, local sports culture, cultural events, P4C and Global Learning Goals.

Swimming requirements: Before our children leave our school in Year 6, we want them to swim competently, confidently and proficiently over a distance of at least 25m. Our expectation is that our children can also use a range of strokes effectively and perform safe self-rescue in different water based situations.

Implementation and Curriculum Themes

The Deans PE Curriculum

At The Deans Primary School, we try to allow children to have as many opportunities as they can to stay active. This starts with our 'walking to school' scheme, which promotes and encourages pupils to come and go from school by walking, cycling, scooters etc..

All pupils have PE on a weekly basis, from Nursery to Year 6, by one of our experienced qualified sports teachers,, who specialises in PE. The themes that run through our carefully created PE curriculum are:

1. **Invasion games:** that aim to teach pupils how to invade an opponents territory and score a goal or point.
2. **Gymnastics and Dance:** that promote movement and performance.
3. **Net and wall games:** in which players send an object towards a court or target area that an opponent is defending
4. **Striking and fielding:** in which promote a team scoring a point when players strike a ball (or similar) and run to designated areas

5. **Athletics/multiskills**; which enhance fundamental skills in PE such as; jumping, balancing and skipping etc...

All of which have been mapped out throughout the schools long term plan, ensuring there is a progression of skills from EYFS to Year 6 in all of these areas. The themes and sports carefully chosen in our curriculum, give pupils the opportunity to take part and learn a range of new skills across a variety of sports, in order for pupils to be able to practice skills until they are learnt and for each child to show a journey of progression. . For example, Year 3 and 5 play Netball and Year 4 and 6 participate in Basketball, with the idea that the key skills of invasion games, allow children to acquire declarative knowledge and through repetition and revisiting, have the opportunity to practice and refine knowledge and skills.

Our Dance curriculum has been designed to link to topics, in order to integrate cross-curricular links. For example, Year 3's dance is based on Egyptians and Year 4s dance lesson focuses on Romans to match the learning in the classroom. As part of our curriculum, 'outdoor adventure activities', has been mapped out for pupils throughout the year, to ensure pupils practice skills such as: collaboration, communication, orienteering, team-work and problem solving. Year 6 also participate in these skills in their week-long residential at Lledr Hall.

To promote 'working independently and part of a team,' in KS2, we also have sport houses that each individual child is split into. Through PE lessons, pupils can earn points for their sporting house. These points can be earned through displaying competency in specific skills, attitude to learning, cooperation within a team/individually and/or other qualities a child may display. This allows pupils to fully engage and find a passion for a sport, whilst learning the skills, rules and strategies to participate in healthy competition, where they may excel.

Swimming:

When our children reach Year 4, they attend Swimming lessons through the academic year at Swinton Leisure Centre. Further refresher lessons are provided to our children again in Year 5/6 if needed. The extra sessions are to ensure that our children can use a range of strokes and swim a distance of at least 25m. Year 6 also takes part in an Open Water Swimming course at Salford Quays.

Extra-Curricular:

We offer a range of extracurricular activities 4 days a week. This includes lunchtime clubs that promote physical activity daily, open to all pupils. These lunchtime clubs offer pupils the opportunity to try a variety of sports and change on a weekly basis. The lunch time clubs have been carefully chosen to link to the PE lessons for that half term, in order for pupils to fully embrace themselves in a specific sport, with the aim of helping pupils find a love and passion for a sport.

Extracurricular activities are also planned as clubs after school, for both KS1 and KS2 pupils. These PE clubs range from 'gifted and talented' clubs to an 'access for all' club and cover a range of Sports including some alternative sports that allow pupils to try something new such as; yoga, outdoor adventure, circuits (fitness) and themed 'physical activity' for KS1 such as 'pirate fitness'.

At The Deans, we provide children with the opportunity to try, participate and take part in a number of different Sports.: Year 4 to Year 6 have the opportunity to attend a squad Football club, which allows them to be chosen to represent our school Football team against schools from the Swinton Cluster. This means they train weekly and play regular competitive matches in a league. Alongside this, we also promote 'Girls Football', attending a number of tournaments. Salford Sports specialist coaches deliver Street Dance lessons for all of KS2, with a competition to represent the school against the rest of Salford at the local theatre, The Lowry. Children also have a chance to represent our school in a wide variety of sports, including: Cross Country, Athletics, Swimming, Gymnastics, Dodgeball, Hockey, Handball and Basketball. We also ensure that children are given the opportunity to try non-traditional and emerging sports, such as: Lacrosse, Ultimate Frisbee and Handball and celebrate those with sporting hobbies, which are taught by specialists. This allows our children to find a passion and love for Sport, whilst the children work individually and as part of a team.

Our PE curriculum and extra-curricular activities are supported by our indoor and outdoor school environment, which is enriched with fantastic facilities. This includes: a full-sized Sports Hall, which has markings for a variety of Sports, including Football, Netball, Basketball, Handball etc, an interactive dance studio and a variety of high-end equipment that all children have access to. Outside, we have two full size rounders pitches, two large fields, a netball court, running track and lots of outdoor play, specifically designed to promote independence, resilience and team-work. Both of these spaces allow us to host competitions with our local cluster, therefore providing contributions towards living an active lifestyle, bringing our community together and engaging in the recommended weekly levels of exercise.

CPD Opportunities:

	Using our specialist teacher of PE, who designed our PE curriculum, we aim to increase passion, knowledge and skills of our staff in PE by ensuring there are regular staff meetings on 'Physical Activity', delivered by the PE teacher. This ensures other members of staff are up to date with any changes, skilled and part of the integrated PE curriculum designed. As part of CPD opportunities, we also ensure we have 'Sports Leaders', which change yearly. They have the responsibility of looking after playground equipment, running the lunchtime clubs with the PE teacher and taking on leadership roles.
<u>Impact</u>	Our carefully designed PE curriculum aims to improve how well children co-operate and collaborate with others, as part of a team and individually by understanding fairness and equity of play which embed life-long values. From our range of competitions, both within school (intra-competitions) and with the wider community (inter-competitions), our participation in sporting events has increased. In addition to this, active playtimes are now taking place increasing the number of active hours for children in a day. During PE lessons and as a theme throughout the school, children are taught about resilience and self-discipline and to be successful you need to take ownership and responsibility of your own health and wellbeing. This impact ensures children are motivated to utilize these skills in an independent and effective way to go on and lead happy and healthy lives. We try to help motivate children to find a real sense of love and passion for physical activity and/or sport by allowing them to participate in a variety of activities through quality teaching that is engaging and fun. From the lessons and our specialist qualified PE teacher, our children learn the knowledge and skills to take responsibility for their own health and fitness, with many who enjoy the success of competitive sports and sports as a hobby. This equips our children to find a love of and passion for a sport. The impact of our PE curriculum is monitored closely, with children assessed on their skills on a half termly basis.. This is through regular moderation of skills and assessing physical activity across the curriculum and whole school environment, with regular informal Deep-Dives. We also monitor participation levels in clubs and competitions. This ensures that we remain up to date with our PE curriculum, pupils and progress of individuals.
<u>SEN & Inclusion</u>	<u>SEN Support:</u> PE is naturally a kinaesthetic and sensory subject that allows children to explore and move using a range of learning styles; kinaesthetic, auditory and visual, with a clear focus on movement. As in line with our school policy, we provide a learning environment to cater for all needs and use dyslexia friendly resources and key cards to go alongside lessons as well as dyslexia friendly presentations shared with children and equipment is adapted to individual needs. Alongside this, we use visual representations (videos) and visual pictures/labels, to demonstrate key skills for those visual learners. All equipment is labelled and accessible to all. To overcome any potential barriers to learning in PE, we use 'STEP' ; - <u>SPACE:</u> Modified space; with a varied length and width of activity area - <u>TASK</u> - Key word cards; with pictures to demonstrate skills - Visual representation - Time adjustments - Varied speed expectations - <u>EQUIPMENT</u> - Varied sizes or heights of equipment - Sizes of balls used - Shape and colour of equipment can be changed - <u>PEOPLE</u> - Buddy systems - Group work/Independent work <u>Extra-Curricular Opportunities:</u> The range of sports and opportunity for alternative sports delivered through the curriculum, allows an all inclusive approach for all children, there is something for everyone. Competitions held throughout the year can include both an A and a B team to ensure pupils get opportunities. Targeted clubs run throughout the year for key pupils in PE. <u>G&T Opportunities:</u> We provide a 'gifted and talented' elite club, especially for pupils exceeding in Sports, where pupils can then go on to compete against other schools, showcasing their talent. They complete a range of sporting skills as well as representing the school at a high standard across the year.
<u>Cultural Capital and local opportunities</u>	Pupils are given the opportunity to try a range of different sports, not just in school sports. They have opportunities to be taken to Graystone to experience adventurous new sports: skateboarding, scootering and freestyle gymnastics. The aim of this is to give pupils the opportunity to try something new and find a passion for sports.

Other opportunities we offer:

- NFL tournament - opportunity to go to London
- Panathalon event: SEN children only (multi-skills, ten pin bowling etc...)
- celebrate international women's day - girls football tournaments
- fundraising event to promote a healthy lifestyle (Freddie Fit)

Other sporting opportunities:

- Football tournaments - Manchester United
- Dodgeball competitions
- Cross Country running events
- Handball Competition
- Hockey Competition
- Athletics Event
- Swimming Gala
- Lledr Hall outdoor adventure residential trip
- Open water swimming at Salford Quays

Sporting Competitions are scheduled throughout the year.

**Speaking and
Listening
2x per year**

Year	Speaking and listening opportunity	
Nur	P4C session	<u>Multiskills</u> - encourages pupils to listen to each other, take turns and work in a team.
Rec	P4C session	<u>Athletics</u> - actively encourages pupils to listen to each other, take turns and work in a team.
Y1	P4C session	<u>Social Dodgeball</u> - designed to allow pupils to communicate with others during activities , listen to others and co-operate in team situations, whilst praising others in a group.
Y2	P4C session	<u>Outdoor Adventure Activity:</u> a chance for pupils to collaborate, communicate, orienteer, work as part of a team and use problem solving techniques to complete tasks.
Y3	P4C session	<u>Egyptian Dancing:</u> Pupils collaborate to make a dance warm-up, use a stimulus to create a dance, dance in unison with a partner and perform to a group.
Y4	P4C session	<u>Roman Dancing:</u> Pupils collaborate to make a dance and take on a leadership role, respond imaginatively to a stimulus to create a dance, dance in unison with a group and perform to a group with a range of movements.
Y5	P4C session	<u>Outdoor Adventure Activity:</u> a chance for pupils to collaborate, communicate, orienteer, work as part of a team and use problem solving techniques to complete tasks.
Y6	P4C session	<u>Gymnastics</u> - opportunity to present and feedback ideas in sequencing routines.