



Curriculum Overview St Andrew's Church of England Junior School



Curriculum Area: PE

Subject Lead: Lindsey Sylvester

Our curriculum approach to PE reflects our ethos statement:

'Shining light on a world of possibilities'.

In particular, we are keen for pupils to discover their own passion for Physical Educational learning.

Intent

PE at St. Andrew's Junior School aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

- Our facilities that are available to be used by both for physical education are: a large playing field, a hall, a trim trail and a large playground. We, as teachers, deliver our PE lessons to the children at St. Andrew's Junior School.
- All children at our school will receive the required two hours of PE a week where they will learn skills aligned to the national curriculum. They will also have the opportunity to try new and inclusive sports in the After School Club offered half termly.

It is our intent at St. Andrew's Junior School to teach children life skills that will positively impact on their future by

- Making it accessible to all
- Inspire all children to succeed in physical education
- Develop life skills
- Perform with increased confidence and competence
- Improve health and well-being
- Active participation and lifelong learning.
- Be able to evaluate and recognise their own success
- Enjoying being physical and their PE lessons

Our PE programme aims to improve the wellbeing and fitness of all children at St. Andrew's Junior School, not only through sporting skills taught, but through the underpinning values and disciplines PE promotes both independently and as part of a team, understanding fairness and equity of play to embed life-long values.

Implementation

Implementation

PE is taught discretely by the class teacher or PE teacher. Consistency and progression are ensured by using REAL PE (scheme). Where possible, the teacher tries to link the lesson to other curriculum areas. Children are supported and challenged appropriately during PE lessons to ensure progress by all. Children are taught a broad range of skills and sports and are given opportunities to further these skills in extra-curricular activities. As well as PE lessons, the children also have a 10 week swimming block in every year that group that they are in. Our PE programme supports every child to progressively develop the key abilities they need to be successful within PE and Sport across the curriculum.

- Lessons are planned to align and adhere with the National Curriculum.

- Children go swimming once a week, for ten weeks regardless of what year they are in. This helps to ensure that when children leave St. Andrew's Junior School they leave with a vital life skill.
- We believe having the opportunity to participate in new activities can change attitudes and raise aspirations and therefore the Year 6 children have the opportunity to go on a residential camp where they undergo experiences that they might not otherwise have had.
- The camp includes adventurous activities where children have to rise to new challenges which develops their resilience to persevere with activities that may once have felt too difficult; live alongside their peers which helps them to become more adaptable and confident which is critical to so many areas of their development; teaches them how to deal with an element of risk; develop greater independence and improve leadership skills. Throughout the camp, children co-operate and collaborate with others, as part of a team, and therefore their personal, social and emotional development is enhanced and self-confidence and esteem built upon. They will have the opportunity to try a number of different activities.
- We are part of the Bridgwater Primary School's Sports Association where we compete against schools across Sedgemoor in activities such as football, cross country, netball, cricket and rounders.
- We are also working with TKASA to develop opportunities for our Year 5 children to compete against other feeder schools at TKASA to help them with their eventual transition to the academy.
- We are looking to develop more successful links with Burnham Infants to help with the transition with the Year 2 children into our school. We are hoping to implement the REAL Leaders programme with our Year 5 children to run these events.
- The PE programme at St. Andrew's Junior School looks to ensure that there are no barriers to learning for any child. Lessons are tailored to ensure inclusivity for all children with special educational needs and disabilities (SEND). PE staff will be aware of any SEND to ensure that every lesson is accessible for all children.

Impact

Children enjoy PE lessons and have a positive attitude towards sport. They are able to apply the skills they have learnt to opportunities outside of school. The children are given the opportunity to take part in events and compete against other schools in the area. Children find new sports they enjoy and can succeed at.

Planning

We use the REAL PE scheme which uses a six week block for each of the units which provides a learning focus in each of these six units.

- Personal
- Social
- Cognitive
- Creative
- Physical
- Health and Fitness

During these units the children develop these skills as well as developing an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

We also use both the Real Gym and Real Dance which applies the six learning focuses via gym or dance.. All classes will do Real Gym, Real Dance and swimming in every year that they are at St Andrew's Junior School.

Knowledge and skills progression through the school

In KS2 knowledge and skills will be developed to involve:

- use running, jumping, throwing and catching in isolation and in combination
 - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
 - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Using REAL Gym

- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

Pupils are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

Recording

After each year groups 10 week swimming block we are sent a brief report from the pool which contains how many children have reached the end of KS2 requirement (swimming 25m unaided) and the abilities of all children, using the above criteria.

Reporting

On our annual reports, which are given to parents at the end of the year, a judgement will be made regarding their child's attainment in PE relating to the national curriculum for their year group. For example, HNM (Has Not Met), ARE (Age Related Expectations), GD (Greater Depth). The Year 6 swimming results are published annually on the school's website, according to Government requirements.

Monitoring

Curriculum leader will collate evidence including analysing how planning matches the evidence in the teaching of lessons, learning walks, speaking to pupils about their learning and discussing with colleagues what has gone well as well as any lessons learnt. The Curriculum Leader will produce a yearly report submitted to SLT. Where relevant, implementation of school policies (such as marking) will be reviewed in light of the well-being school's agenda to ensure the workload for physical education is both manageable and is making an impact on the children's learning.

Review

Spring 2023