

Subject on a page: PE

At Ibstone CE Primary School, our approach recognises the importance physical education plays in the curriculum. We are committed to providing all pupils with opportunities to engage fully in a range of activities. PE lessons encourage pupils to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. Our PE curriculum is designed to develop pupils' basic physical competencies, build confidence in their ability and create the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.



Intent - We aim to...

Enable pupils to be confident, courageous and resilient sportsmen and women

Actively promote and encourage the engagement of all pupils in regular physical activity

Ensure PE, sport and physical activity has a high profile across the school

Provide a broad range of physical experiences through a varied PE curriculum and extra-curricular opportunities.

Support all pupils in finding enjoyment through sports and physical activity to take with them into adult life and lead active lifestyles.



Implementation — How we achieve this...

Information about our curriculum

Our curriculum has been designed carefully to ensure there is a broad and balanced curriculum on offer for all pupils. Our curriculum ensures coverage of the EYFS and National Curriculum programmes of study. All pupils have a weekly PE lesson lead by a specialist coach, pupils from Year 2 upwards have a 6-week swimming block each year until they are confident and competent swimmers.

Skill Development & Consistency

We recognise that pupils learn a number of key skills through PE and many of these are transferable across different aspects of PE and age groups from Nursery through to Year 6. In order to ensure there is progression and continuity across the school, high quality lesson plans for each activity enable pupils to learn skills at their age level. In EYFS and KS1, we teach children fundamental skills which they can then apply to a variety of different games throughout KS2.

Equipment, Resources & Facilities

Whilst our grounds are fairly challenging, we have developed a Multi Use Games Area (MUGA) at the bottom of the garden, this has enabled us to provide high quality PE lessons and opportunities for further physical activity. Our hall provides an indoor space and we are very fortunate to have access to a private field and the local common to cover the needs of our curriculum and support teachers in delivering high quality, effective lessons.

Strong Foundations

We understand that high quality, engaging physical activity opportunities are essential right from the beginning of a pupil's PE journey. We ensure that our EYFS pupils have high quality resources and equipment that support in pushing pupil's development of fundamental movement - agility, balance and co-ordination— on a daily basis.

Broad Range of Experiences for All

We understand that, for many pupils, school will be the only place they get opportunities to experience different sports and games. At Ibstone, pupils will experience a broad range of PE lessons beginning with core, fundamental skills and games. These fundamental skills will then be applied to the follow sports and activities as pupils progress through the school: Archery, Athletics, Ballet, Basketball, Cricket, Dance, Danish Longball, Dodgeball, Fencing, Fitness, Football, Gymnastics, Handball, Hockey, Netball, Rounders, Swimming, Table Tennis, Tag Rugby and Tennis.

Implementation – continued

PE Lessons

Structured Lessons

Our coaches plan to deliver high quality lessons with each individual lesson having a clear Learning Intention, Success Criteria as well as S.E.T skills (Social, Emotional and Thinking – S.E.T). PE lessons are broken up into 3 core parts: An introduction and warm up activity, Skill Development and a short plenary at the end to review the skills and learning taken place. Lessons also provide teachers the guidance and opportunity to differentiate activities where possible to support or challenge children further when needed to ensure all children are able to progress and develop skills.

Vocabulary

The vocabulary used in PE is consistent across year groups and any new vocabulary is introduced and explained to pupils. Pupils benefit from regularly seeing, hearing and using this vocabulary to support in their reflecting and evaluating of their own or performance of others during PE lessons.

Non-Participants

Should there ever be a reason that a pupil is unable to participate in a PE lesson, classes have access to PE Role cards which give pupils a specific role or task to undertake during the lesson so they are still part of the class and remain part of the learning process. Examples of Roles include: Social Spy, Skill Master, Emotion Educator, Top Thinker, The Referee and The Reporter and pupils will actively watch, record, support, coach, referee and encourage individuals or groups throughout the lesson.

Wider PE – Further Opportunities

Active Lunchtimes and Playtimes

All pupils in KS1 and KS2 have Play Leader training at the beginning of every term. After the training, they are able to volunteer to become Play Leaders who run games and activities at lunchtimes. This provides the opportunity for our pupils to develop their responsibility, creativity, social and organisational skills whilst continuing to create a community feel in the playground.

Forest School

All pupils have a weekly Forest School session which runs for 90 minutes. During these sessions, pupils are very active, climbing trees, moving heavy planks, logs, pallets. They use their S.E.T skills to problem solve and take risks in adventurous activity.

Cross Country

All KS2 pupils are invited to join our thriving cross country running club on a Monday lunchtime. Pupils led by parent helpers, run through the local woodland and fields covering a range of distances each week. During these sessions, pupils warm up and down and have training drills. They are also encouraged to develop their resilience and stamina during the run.

Extra Curricular Clubs

We provide the opportunities for pupils to join afterschool sports clubs covering a range of sports and physical activities. Clubs have included: Tag Rugby, Netball, Cricket, Football, Table Tennis, Golf, Gymnastics, Archery, Hockey, Fencing and Dance.

Impact

Pupils have a love of PE & Sport, demonstrated by the numbers attending Sports Clubs

Pupils participate positively in PE lessons, can explain their learning and key skills involved and are motivated to challenge and improve their skills

Pupils are engaged by PE lessons, Forest School, lunchtime activities and afterschool sports clubs

Pupils are able to play for fun and competition with others across the school creating a friendly, enjoyable and competitive ethos

Pupils can explain the benefits of healthy lifestyle and they make healthy choices by engaging in active lunchtime activities and eating healthy in school

Pupils have developed skills such as resilience, self-discipline and the ability to be a good team player