

Implementation for PE



At St. George's Primary School, our PE curriculum's foundations are taken from the National Curriculum programme of study for Key Stage 1 and Key Stage 2.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

Children are taught regularly by both teaching staff and a sports instructor from Reception to Year 6. The curriculum is further enhanced by participation in numerous sporting tournaments with other schools in the area and after school clubs. Our sports instructor runs lunch time clubs to engage all children offering a variety of different activities. They target each phase and then have a more specialised lunch club for boys/girls only.

Our year 6 children earn the opportunity to be Sports Leaders and work with our local SGO (School Games Organiser) to receive Sports Crew Training which enhances their leadership skills, as part of this they run major sporting events in the school calendar.

As a 'Gold Standard Sports-mark School,' we aim to ensure that the children participate in active lessons outside of their regular PE lessons. This involves incorporating moments within lessons whereby the children can be active. We also ensure our PE lessons are given 2 hours a week and this covers both physical education and physical activity.

We follow the guidelines set by the national curriculum to ensure we offer a range of PE activities that allow each child to feel challenged and offer opportunities to progress further. We compete at the end of each term within our house teams to solidify our learning and develop the understanding of competition for our pupils. This allows those who wouldn't normally compete to have a chance to feel competitive.

EYFS

As part of the EYFS statutory framework pupils are taught:

Physical development - involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.

Health and self-care: children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Our Year R team are also trained in Bikeability and deliver weekly lessons using balance bikes with the aim of all children leaving Year R being able to ride a balance bike.

Key stage 1

Pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are taught to:

- 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]
- 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

At St George's we offer swimming in terms 1,5 and 6 in a local open-air pool. This covers the ability to swim and includes life-saving. Our ambition is to ensure all children have a basic understanding of water safety and life-saving skills. We use term 6 as top up sessions for those children who need more support with their swimming.