



St Jude's C of E Primary School's Subject Stories P.E.



Intent

We aim to develop our children's physical development with diverse, engaging and practical P.E. teaching. Our exciting curriculum focuses on the progression of core skills in a variety of indoor and outdoor P.E. sessions, while introducing our students to a variety of different sports. Our children become physically confident in a way which supports their health and fitness. Our PE curriculum also supports our Christian distinctiveness, embedding values such as fairness, resilience and respect.

In P.E, we are clear that Intent is the knowledge and skills the children acquire in our curriculum, which builds towards clearly defined end points.

Our **Early Years** provision lays the foundation for future learning in PE by ensuring that children:

- Show an ability to follow instructions involving several actions.
- Are confident to try new activities and show independence, resilience and perseverance in the face of challenge
- Understand why we need rules for some games that we play
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices
- Work and play cooperatively and take turns with others
- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

In **key stage 1**, our PE curriculum ensures that our children:

- 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.

In **key stage 2**, our PE curriculum builds on prior learning to ensures that our children:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

By the end of their time at St Jude's, our children will be equipped with:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.



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- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

Implementation

At the centre of our curriculum is a focus on the development of core skills that are applicable in a variety of sporting disciplines. This core skill-set allows the students to confidently access the different sports that the school provides in lessons, in clubs and in teams.

Our teachers use the 2nd edition of the LCP planning to ensure the National Curriculum is covered effectively. This scheme provides comprehensive, skill-based guidance for teachers, while still allowing them the space and scope to utilise their sporting expertise in lessons. This is complimented by outside professionals - SG Sports and Moving Matters - who respectively provide coaching during lunch, in clubs and specialised CPD twilights for staff and children.

In the Early Years, physical development is taught through a discreet PE lesson weekly and through their free-flow play and continuous provision. Assessment of the children's skills is done throughout the week using pedagogy appropriate to reception child: child-led and adult led activity.

In keys stage 1 and 2, our children receive two lessons of PE a week – one indoor and one outdoor, allowing teachers to meet all aims of the National Curriculum. Furthermore, the curriculum is seasonally organised to reflect the weather and sporting calendar to capitalise on interest in certain sports. Children in Year 3 receive swimming lessons for a half term. The children then revisit swimming in Year 4 to build on prior learning and refine their skills.

Extracurricular clubs and activities are organised throughout the school year to allow our children to employ their skills in discipline specific scenarios and competitively against other schools in the city and the Windmill Cluster.

Impact

- ✓ The school competed in a range of competitions including football, rugby, athletics, BMX, netball, futsal, swimming and cricket. Our teams are mostly successful, with the Girls BMX team and boys Cricket Team winning their tournaments.
- ✓ The school held another successful Health and Fitness Week where all students participated in various activities and lessons including running the daily mile, boxercise and yoga as well as all competing in Sports Day.
- ✓ According to student voice surveys, most students strongly agree that P.E. is well taught and resourced. Furthermore, most students believe that there is a wide range of sports on offer in lessons and clubs. In July 2019, a Y5 pupil, commented that *'I feel I've had a go at most sports at St. Jude's. I even play for the netball team but rugby's still my favourite'* in a Pupil Voice form.
- ✓ Pupils will leave St. Jude's with a varied skillset, a confidence in a variety of sports and a body of competitive experiences to take to their next school.

If you were to walk into a P.E. lesson at St. Jude's, you would see:

- Cumulative skills progression between and within lessons.
- Each lesson has a skill that is taught and then utilised in different ways.
- Questions are used to assess physical effects of exercise, tactics and for student feedback throughout the lesson.
- Children are given the opportunity to praise and critique their and others performances, abilities and development.
- A variety of resources being used throughout the lesson.
- All children engaged, stretched and enjoying their P.E. lesson.



Pupil Voice

Reception: Travels with confidence and skill around, under, over and through balancing and climbing equipment	Year 1: Zig zag through markers spaced out evenly	Year 2: Zig zag through a set of tightly spaced markers	Year 3: Run at speed over a distance	Year 4: Skip forwards in a fluid motion	Year 5: Gallop with a fluid motion	Year 6: Run as part of a relay team
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Year 5 Pupil: *'Sports Day this year was the best one so far. I really liked all the different activities, especially tunnel ball!'*

Year 3 Pupil: *'I really enjoyed taking part in the touch rugby tournament. We played five other schools and came fourth out of ten schools! We were really happy.'*

Y1 Pupil: *'I love dance. We get to be animals and walk around using our hand and feet with music playing.'*



Outstanding examples of Learning Outcomes



Year 2 girls sprint at sports days 2019



Year 6 in tree pose during Wellbeing Week



Futsal Team training before a competition

Remote Learning

Whilst children are learning remotely, the following approaches are taken to ensure P.E. is consistent and of a high quality:

- Weekly P.E. lessons filmed by the P.E. lead. Uploaded by class teachers on P.E. days.
- Online activities signposted for all classes.
- Physical activity encouraged between lessons for 'brain breaks'.



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Diverse Curriculum

As a school, we are passionate that our children receive a broad, balanced, inclusive and diverse curriculum. We have developed anti-racist commitments, and endeavour to fulfil these in every curriculum area, including PE. Within this subject, we will ensure:

- Time in Health and Fitness Week is dedicated to celebrating significant sporting figures in history. These celebrations will include a diverse range of people, including different ethnicities, genders and cultural backgrounds.
- Diverse texts about sport and physical activity are present in our class and virtual libraries, especially those which celebrate key figures of different ethnic backgrounds
- Other opportunities are utilised to explore, promote and celebrate diverse figures, such as Family Learning Projects, Home Learning activities, newsletter items, Twitter posts, and local community events.

Successes in 2020/2021

- *Maintained P.E. as a high priority subject despite COVID restrictions.*
- *Each child got 90 minutes P.E. plus additional coaching at lunch from SG sports.*
- *Work done to ensure P.E. curriculum is inclusive, accessible and relevant.*
- *Provided online P.E. lessons for the school during lockdown to help maintain fitness.*
- *Health and Fitness week returned in June.*
- *Y6 competed in a virtual football competition with Fulham FC winning a host of individual and joint awards.*

Priorities for 2021/2022

- *Achieve Gold Healthy Schools Award.*
- *Return to regular competitions.*
- *Support reception staff to implement the new EYFS Framework.*
- *Ensure EYFS have a scheme of learning to follow when planning PE lessons.*