

Shinewater Primary School

Physical Education

Swale Academies Trust



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Intent

DfE Vision: All pupils leave primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.

At Shinewater Primary School, our vision for Physical Education is that every child should have the opportunity to develop the physical confidence and competence to enjoy being physically active and healthy. We offer a variety of sports including: golf, archery, tennis, football, rugby, dance, gymnastics and basketball. This enables our children to develop physically, and having exposure to a variety of sports allows the choice to decide which activities they would like to continue participating in later years. We hope this will lead to a life-long passion of being active. We also strive to give children the opportunity to participate in a variety of competitive sports during their school life. This gives them experience and an understanding of what competition feels like, what it is like to be part of a team, and to be able to both win and lose with equal grace.



Intent

At Shinewater Primary, we strongly believe that all children should have access to a thoroughly planned, progressive physical education programme, which places a real emphasis on developing a wide range of physical competences, while encouraging healthy competition and teamwork.

Our teachers strive to equip all children with the necessary skills, knowledge and range of physical experiences to motivate them to lead lifelong active, healthy lifestyles in which they continue their participation in physical activity and sport.

It is also important that our children 'learn to lead' and therefore we offer all of our children the opportunity to lead activities in their school life. Leadership gives children the understanding of what it is like to have responsibility, to show respect for rules and brings the added challenge of organisation, communication and teamwork. These skills are not only developed during P.E. session but also during our Skills Builder program.

Curriculum

Our physical education curriculum is carefully planned to include a range of indoor and outdoor based lessons throughout the year and provides a varied and progressive learning programme. All children will receive at least two hours of engaging, high quality and enjoyable physical education lessons per week, as well as taking part in at least half an hour of physical activities per day. Appropriate provision is in place to support a range of learning needs and abilities and ensure positive outcomes for all children.



Intent



Leadership gives children the understanding of what it is like to have responsibility, to show respect for rules and brings the added challenge of organisation, communication and teamwork. We hope that all these opportunities will help our children to develop into well - rounded and balanced individuals all set for life's challenges. PE is an imperative element of the curriculum, which develops a need for healthy lifestyles, a balanced diet, positive growth mind-set and the resilience to persevere with activities that may be once have felt too difficult. We are passionate about the need to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. Swimming is taught from Y3-Y6, with the aim that all pupils can confidently swim by the end of their primary school years.

Implementation

Within our PE lessons we aim to:

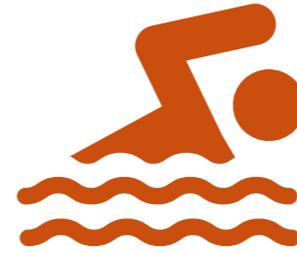
- Provide access to a specialist PE and outdoor learning teacher.
- Follow a successive, developmental curriculum that builds on past experiences and incorporates new experiences.
- Lessons are planned for progression and tailored to the children's individual needs.
- Provide an active experience, aiming to find ways to engage all children in moderate to vigorous physical activity in every lesson.
- Support children to develop fundamental movement skills in EYFS. These are the building blocks that enable them to progress and develop a full range of skills. For example, by six years of age, a normally developing child will be able to run, jump, hop, skip, climb, throw, catch, kick, strike, manipulate, write and draw. This ability to learn movement competence creates the essential nerve cell networks which are the very essence of the learning process.
- Enable children to participate in workshops covering a variety of sports throughout the year. Guest coaches work with the children.
- Provide enrichment through PE and sports including assemblies, visits and visitors.
- Provide a scholarship programme with our local secondary school in performing arts and play leaders.
- Consistently link all of our lessons to the science and PSHE curriculum in order to educate pupils to lead healthy and active lifestyles.
- Provide physical activity during morning and lunchtime breaks on well-equipped playgrounds, frequently led by the PE teacher.
- Coordinate a range of active playground games.
- Provide a range of lunchtime and after school sports clubs.
- Provide opportunities for competitive sport e.g. sports days, inter school competitions and team events
- Provide opportunities for pupils with SEND and for those who exhibit talents.
- Provide staff with on going CPD.



Implementation

Through PE, children will:

- participate in a wide range of sports and physical activities;
- develop and apply teamwork skills;
- develop resilience, determination and drive to achieve their best;
- compete in a range of competitive events;
- organise and lead their own activities, events and games, where appropriate;
- develop and model the skills of 'good sportsmanship', including respect for rules and the ability to win or lose gracefully.



Through PE, teachers will:

- model a positive attitude to sports and physical activity;
- encourage active participation and engagement in a range of physical activities;
- seek and embrace opportunities for their own CPD;
- plan and lead a range of regular sporting clubs or other physical activities;
- seek and plan events where children can perform or compete;
- celebrate children's success and personal achievements in sports and physical activity.



Clubs



- We offer a variety of extra-curricular sporting activities both in school and external to school. Children have also been supported in obtaining trials for local football teams.
- Clubs have included, dance, gymnastics, football, rugby, karate, multi sports, basketball, golf, archery and tennis.
- We are very proud of our girls and boys football teams. We have recently obtained new kits sponsored by Premier League Stars and Nike.

Cross- curricular links



- Healthy and active lifestyles are promoted in various ways throughout our curriculum.
- In particular we focus on design and technology-healthy nutrition; animals including humans in science and healthy and positive relationships in Personal, Social, Health and Economic education (PSHE).
- Physical education also plays an important part in pupils' health and wellbeing not only having physical benefits but also improved mental health. Maintaining positive mental health for our children and staff is a high priority at Shinewater. Mindfulness sessions as well as yoga are taught across the school.

Enrichment Opportunities

- Shinewater offers numerous sporting enrichment opportunities throughout the year. These range from sporting events to school trips and our annual careers fair which introduces children to different job roles within the sporting world.
- The daily mile is completed by the whole school in order to boost energy and help with physical and mental well being.
- Coaches/visitors are invited to school to work with the children, give talks in assemblies and deliver bespoke sporting and fitness sessions.
- The children organise an annual whole school “Race for Life” event raising money for Cancer Research.



Competitions



At Shinewater we aim to give all children the opportunity to experience competitive sport by planning and participating in regular school-based events such as sports days, inter-school leagues and other local or regional events that may be appropriate and available. Examples include: sports day, annual Eastbourne athletics competition, football league etc.

Physical Education Subject Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Events/ Activities
Reception	Physical Development and Outdoor Play	Gymnastics	Dance	Dance	Striking and Fielding	Athletics	
Year 1	Gymnastics	Gymnastics	Dance	Net/Wall Games	Striking and Fielding	Athletics	
Year 2	Gymnastics	Gymnastics	Dance	Net/Wall Games	Striking and Fielding	Athletics	
Year 3	Invasion Games	Gymnastics	Dance	Net/Wall Games	Striking and Fielding	Athletics	Swimming
Year 4	Invasion Games	Gymnastics	Dance	Net/Wall Games	Striking and Fielding	Athletics	Swimming
Year 5	Invasion Games	Gymnastics	Dance	Net/Wall Games	Striking and Fielding	Athletics	Swimming
Year 6	Invasion Games	Gymnastics	Dance	Net/Wall Games	Striking and Fielding	Athletics	Swimming

Impact



A multi-sport baseline assessment is conducted at the beginning of the year. From this, lessons are planned to the needs of the children inline with national curriculum expectations. Progress is carefully monitored throughout the year and enrichment opportunities are offered for children who excel in certain areas.

Pupil voice is carried out with all groups of children and the demonstrate enjoyment, engagement and an understanding of the importance of being physically active.

The school provides suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. The impact can be seen on pupil's health, fitness levels, improve skills and develop pupil's resilience, teamwork and perseverance (school values).

PE at Shinewater boost self esteem, reduces anxiety levels and psychological wellbeing, helps control weight and obesity levels.

PE lesson promote teamwork and social skills which in turn support positive behaviour and relationships.

Inclusion and equality of access to provision is high profile e.g. children with SEN needs have adapted and bespoke provision.

For additional impact information please see the Sports Premium document on our website.