

Towngate Primary Academy



PHYSICAL EDUCATION

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Subject Coordinator:

Miss Lane



Links to subject page and resources:

<https://towngateacademy.co.uk/pe-sport-physical-activity>

How to Help at Home

Here are some suggestions for ways you can help your child with PE, Sport and Physical Activity at home:

- Ensure your child is getting enough sleep,
- Maintain a balanced diet ensuring children are getting the correct amount of different types of food.
- <https://change4life.service.nhs.uk/change4life> - the Change4Life website provides a variety of recipes and activities you can do with your child to keep them healthy.

Academy Overview

These are the founding principles that inform our curriculum.

We strive to treat each other with respect, show **honesty**, and express **love** for our friends, family and community.

Every day, we show our **appreciation** for the gifts we have been given, and for the world we live in.

We give our children opportunities to show **responsibility**, and they learn through work and play to **co-operate**. Together we thrive.

We expect everyone to show **tolerance** of difference, **patience** in adversity, and face challenge with **courage** and **determination**. We believe in **equality**.

We understand that one of the greatest gifts we can share is **friendship**.

With **optimism**, **hope** and **humility**, our children can achieve anything they set their hearts on.

Through **trust**, **understanding** and **thoughtfulness**, we can build a community of **unity** and **peace**. Every moment is an opportunity to do our best, to achieve **quality** in all our outcomes.

Every day, in every way, we seek to live by these values, and to help others to do so too.

3 Intentions

Intent

It is our intention when teaching the PE curriculum we develop the enjoyment of physical activity and strive to improve the importance of health and wellbeing. Our intention is to give children the opportunities to develop their skills, knowledge and understanding and apply these in competitive situations, with the vision this provides them with lifelong learning skills. We strive to ensure that all our pupils receive a well-rounded learning experience when participating in different sporting activities, learning the importance of health and wellbeing and equipping them with the necessary values and tools to achieve in our academy and beyond. It is our intention to engage pupils in the possibilities of sport to develop a passion for being active, healthy and the confidence to try new things and build resilience and determination with all they do.

Implementation

At Towngate, we recognise that in order for all pupils to progress they need to be confident across each of their yearly objectives. Our PE curriculum covers the knowledge and skills outlined in the National Curriculum and ensures all children are given opportunities to be challenged to progress their learning further. Through our teaching of PE we aim to deliver the lessons in a meaningful context, giving purpose and wherever possible curricular links are exploited, particularly links with Maths, British Values, our Values Based Learning and SMSC.

Key Stage One:

In KSI, we provide opportunities for pupils to 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. Over the course of the year this covers dance, gymnastics and a variety of games. We are striving to ensure they are able to engage in competitive and co-operative physical activities, in a range of increasingly challenging situations including competition

Magic Moments and Events

KSI Mini Olympics



"It was great, we learnt we needed to work as a team as that was the only way we could win" - Isaac Y2

"I showed resilience and determination with a lot of the activities because I found some things hard but I didn't give up" - Freya Y2

Huddersfield Giants Partner School



"In PE, if you lose you would congratulate the other team, we have to respect other schools and show good team work"

"It is important to follow the rules in PE so that we stay safe, don't get hurt and have fun!"

Protected Characteristics

Protected Characteristics Overview

This is an overview of the curriculum coverage per year group for protected characteristics in PE, Sport and Physical Activity.

Subject Coordinator: Miss Lane

Class/Year Group	Age	Disability	Gender Reassignment	Marriage or Civil Partnership	Pregnancy/Maternity	Race	Religion/Beliefs	Sexual Orientation	Gender
KS1		Discussing the issues games and the paralympics having a disability shouldn't prevent you from playing sport. It has become more accessible.				Look at the history of race within sport and how this has changed over time.			Look at the history of gender within sport and how this has changed over time.
KS2		Play games to raise awareness of different physical disabilities. Can your students put on a jumper							
		with just one hand? Can they guide a friend around the classroom with a blindfold on?							
KS2									Challenging stereotypes around dance

Key Stage Two:

In KS2, pupils should 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. We are determined that they enjoy communicating, collaborating and competing with each other and that they develop an understanding of how to improve in different physical activities and sports, learning how to evaluate and recognise their own success. Over the key stage, pupils will continue to be taught dance, gymnastics and a variety of games. Year 6 children are taught swimming.

Impact

We strive to ensure that our pupil's attainment is in line or exceeds their potential when we consider the varied starting points of all our children. Through our progressive skill based curriculum we are measuring the children's ability, striving for them to meet their age-related

Throughout our PE curriculum we aim to challenge these protected characteristics through our daily teaching and discussions. We ensure children are aware of these characteristics and challenge these stereotypes.

Overview of Subject

P.E. & Physical Activity play an important role in developing children as a whole. All children are entitled to benefit from high quality PE provision and there is significant evidence to show that this supports other learning right across the curriculum.

PE & Physical Activity also contribute to healthy, active lifestyles, improve emotional well-being, reduce poor behaviour, increase attendance and develops key skills such as leadership, confidence, social and team building skills.

The Obesity Strategy – A Plan for Action (DfE August 2016) *“Every primary school child should get at least 60 minutes of moderate to vigorous physical activity a day. At least 30 minutes should be delivered in school every day through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events, with the remaining 30 minutes supported by parents and carers outside of school time”.*

Regular participation in sport and physical activity can help to reduce the risk of heart failure; improve physical fitness; help with weight management; promote good health; instil self discipline; develop skill; improve self-confidence; reduce stress and develop life-long learning skills.

Aim

At Towngate Primary Academy our aim is to improve and increase the quality and quantity of PE and physical activity for all children, to show how PE and physical activity can enhance childrens’ attainment and achievement and create pathways for them to continue to be active beyond school. We will be developing our links to outside agencies and clubs which will help to generate positive interaction in the school and community.

We are striving towards improving the delivery of teaching and learning of PE in order to promote participation, progress and performance. At Towngate we recognise the impact that the provision of high quality PE and school sport curriculum has on the whole school and that it can lead to whole school improvements.

By the time the children leave the Academy our aim is for the children to develop and demonstrate the following personal qualities:

- A strong desire to learn and make progress;
- High levels of dedication, commitment and involvement in PE and school sport;
- Good levels of positive behaviour such as fair play and helpfulness; and
- High levels of enjoyment and enthusiasm and a strong desire to get involved.

SMSC

SMSC in Physical Education:

Spiritual: PE lessons include teamwork, self-reflection, aspirations to improve performance, rules, sportsmanship and etiquette and an appreciation of sports from all around the world. Through dance, gymnastics and games across the school, pupils are encouraged to be creative, designing and creating their own small sided games or by expressing feelings and emotions in their dance and gymnastic performances.

In PE lessons pupils are encouraged to delve deeper into their understanding of PE and the body and how it can be maximised to improve performance.

Moral: Throughout various games pupils make choices regarding rules, sportsmanship and choices including teams, tactics and positions. PE teaches students about code of conduct, rules, etiquette and fair play unwritten rules. Competitive games provide our sports leaders and other students with leadership opportunities. They develop the ability to tell between right and wrong through fair play in lessons, events and participating in other competitive situations. PE encourages students to be understanding of the ability of others and the need to be supportive rather than critical when playing as part of a team.

Social: PE allows all pupils to develop the necessary skills to work in teams or pairs as the majority of activities are based around team games or creating sequences in groups. Giving the pupils roles such as: leaders, coaches, umpires or referees offers them the opportunity to develop communication, leadership and mediation skills.

Problem solving skills and teamwork are fundamental to PE through creative thinking, discussion, performance of, and the explanation and presentation of ideas. Pupils are encouraged to develop their reasoning and decision making skills communicating with others and explaining concepts with each other. Through various different competitive games and competitions, pupils are encouraged to work with and socialise with a variety of other children they may not normally choose to mix with in classroom situations.

Cultural: Through participation in sporting festivals and competitions, children are exposed to a wider range of social, economic and ethnic backgrounds, helping them to develop their understanding and tolerance of these different groups. Actively supporting charitable events, such as Sport Relief, children will become more aware the wider world they live in. Some the ways we can learn about cultural learning in PE lessons include: learning about the developments of sports in different countries, learning where different sports originate from, exploring and respect a variety of different cultural dances.

British Values

British Values in Physical Education

Individual Liberty –

Within our lessons students are taught about self-discipline and that to be successful you must work hard, show resilience and have a growth mind-set that anything can be achieved if you put your mind to it.

Leadership is another area that we look to develop within our students within lessons and extra-curricular activities. Students in year 5 & 6 have the opportunity to take part in a sport leaders course where they learn about the rules of sports and leadership and how they can ensure this is represented throughout school.

Democracy –

Within all lessons students get the opportunity to have their opinions heard amongst their peers when discussing topics and current issues and tactics. Students are encouraged to learn about democracy and allowing everyone the opportunity to have their say. This is often seen through feedback and peer and self-analysis tasks within lessons.

Mutual Respect –

Individuals are encouraged to make sensible and informed choices in lessons and to take ownership and leadership for this. This is demonstrated through ensuring the working environment is safe as well as students regularly being in charge of warm-ups and cool-downs. They are encouraged to respect everyone's abilities and performances during lessons and extra-curricular activities.

Tolerance –

Students in PE use of a range of social skills in different contexts, including working and socialising with students from different religious, ethnic and socio-economic backgrounds. They are also taught about respecting students' different abilities and also the calls/judgements made by officials during games.

The Rule of Law –

A key part of Physical Education lessons is about teaching students about rules, sportsmanship, etiquette and fair play. In every lesson students abide by the rules and regulations, gaining a good understanding of rules of each sport and the importance of infringements such as fouls, penalties, cautions and red cards allowing students to understand the consequences of their actions which in turn helps students apply this understanding to their own lives.

Whole School Overview

PE Curriculum Map of Whole School 2018/19

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KSI	Gymnastics Games – Specialist teacher	Gymnastics Games – Specialist teacher	Gymnastics Games – Specialist teacher	Gymnastics Games – Specialist teacher	Dance Games – Specialist teacher	Dance Games – Specialist teacher
LKS2	Gymnastics Y4 – Rugby with Huddersfield Giants	Dance Y4 – Rugby with Huddersfield Giants	Netball	Hockey	Football	Athletics
UKS2	Dance – Specialist teacher Games	Dance – Specialist teacher Games	Dance – Specialist teacher Games	Dance – Specialist teacher Games	Dance – Specialist teacher Games	Dance – Specialist teacher Games

Through our Sports Premium funding we have specialist teachers in to deliver PE lessons and support class teachers. Our partnership with Huddersfield Giants means we have a specialist trained teacher in delivering 2 hours PE, which is shared across different classes each term.

We have specialist dance teachers in delivering dance to our UKS2 classes and early years, teaching children the skills to be confident in performing.

Retention, Memory and Recall

Children have different types of memory which effects how they recall and retain facts and skilled movements.

Retention, Memory and Recall in PE

Memory plays an important role in enabling children to recall taught PE and Sport skills accurately, relatively instantaneously and knowing which skills to draw upon in different sporting games and activities.

Our children here at Towngate are encouraged to be active throughout the daytimes in our breaks, lunchtime and after school clubs which also embed these taught skills ensuring children are using them through different contexts.

Assessment

The Learning Challenge Curriculum used to plan and teach PE, ensure that children are accessing sporting activities and skills at age related expectations, with regular opportunities to be challenged through higher-level objectives. AfL is carried out by class teachers every lesson and children are assessed according to age related expectations in line with curriculum requirements.

