

ALDER COPPICE PRIMARY SCHOOL

Achievement through Commitment

PE Rationale

Intent

Alder Coppice Primary School recognises the value of Physical Education (PE) for promoting healthy and active lifestyles through the enjoyment of a range of physical activities, games and engagement in competitive sports. PE at Alder Coppice aims to develop a child's knowledge, skills and understanding of physical literacy so that they can perform with increasing competence and confidence across a range of physical activities for sustained periods of time.

This falls in line with the national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Implementation

At Alder Coppice, all pupils will receive a minimum of one PE session a week. Teachers use the PE Scheme 'Getset4pe' as a starting point for planning, which is built upon to provide further opportunities to enhance knowledge of and practice the fundamental skills required in a range of competitive physical activities and sports. At every possible opportunity, planning offers the provision of small sided games and performances for the application of taught skills to provide enjoyment and knowledge of games for participation in sport later in life.

In Key Stage 1, children are taught to:

- Master basic movements which provide a foundation across a variety of sporting activities
- Begin to participate in small team games
- Develop knowledge of basic tactical thinking
- Understanding of the bodies capacity
- Knowledge of how to lead healthy, active lifestyles
- Perform Dance and Gymnastic routines using simple movement patterns

In Key Stage 1, children will be taught the National Curriculum aims through the following activity units: Fundamentals, Ball Skills, Dance, Gymnastics, Invasion Games, Athletics, Team Building, Sending and Receiving, Striking and Fielding and Net and Wall.

In Key Stage 1, all children will develop knowledge and understanding of the core skills needed across a range of physical activities, which will support their learning in Key Stage 2.

In Key Stage 2, children are taught to:

- Use running, jumping, throwing and catching in isolation and combination
- Play competitive games, modified where appropriate (See *Subject knowledge Learning Journey*)
- Develop flexibility, strength, technique, control and balance
- Perform dance using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individual and within a team
- Select appropriate tactics to participate in competitive games
- Know basic rules to play and officiate competitive games
- Compare their performances with previous ones and demonstrate improvement to achieve their personal bests
- Swim competently and confidently over a distance of at least 25m using a range of strokes and knowledge of water-safety

In Key Stage 2, children will be taught the National Curriculum aims through the following:

A variety of Invasion, Striking and Fielding, Net and Wall games (See *Subject knowledge Learning Journey* for full details) Dance, Gymnastics, Swimming, Athletics, Fitness and Outdoor Adventurous Activities.

Throughout Key Stage 1 and Key Stage 2, Teachers use the assessment tools provided by Getset4pe to monitor progress and success in lessons. Using this feedback, Teachers adapt future planning and lessons to cater for individuals' physical abilities so that all pupils can access success and challenge within lessons.

Impact

PE is taught as a basis for lifelong learning, where children have access to a wide range of activities in the belief that if taught well, and the children are allowed to enjoy success, then they will continue to have a physically active life.

A high quality Physical Education Curriculum inspires all children to succeed and excel in recreational and competitive sports as well as other physically-demanding activities. At Alder Coppice, we provide opportunities for children to become physically literate in a way which supports their health and fitness. Opportunities to compete in competitive sport and other activities also helps to build character and embed values such as fairness and respect.