

New Scotland Hill Physical Education (P.E) Overview

INTENT

Vision Statement

At New Scotland Hill Primary School and Nursery, we are passionate about staying fit and active, because we know this plays a vital part in the improvement to the physical, emotional and mental health of young people's lives. As a result of this, our culture for learning focuses on the children being active learners that involve all key stages being outdoors as much as possible. As teachers, it is our intention that children are participating in high quality lessons that are fun, engaging and will inspire all pupils to lead physically active lives. All staff at New Scotland Hill strive for our P.E and outdoor provisions to be inclusive and progressive. Lessons aim to provide the best opportunity for each child to increase their confidence in physical activity. Participating in Physical Education has a positive influence on a pupil's personality, character and self-esteem. In addition to this, confidence and communication skills are enhanced along with the ability to collaborate with others effectively. By the end of Key Stage 2, we want to offer all our children the opportunity to participate in a variety of competitive sports, enabling them to understand what competition feels like, what it is like to feel respected in a team, and be given the skills to be deal with winning and losing.

National Curriculum Aims

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for P.E 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.

Key stage 1 pupils should 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 should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Key stage 2 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. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

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IMPLEMENTATION

The following table details the requirements of the National Curriculum as well as the progression in learning across the Key Stages under key headings identified within the new curriculum. As can be seen from the table, progression is more evident in some areas than in others. However, staff at New Scotland Hill always considers how 'gaps' in progression might be addressed within their PE lessons. This is to try to achieve as much coherence and continuity in pupils' learning across the breadth of the subject and the Key Stages as possible.

The Key Stage statements of 'what children should achieve' at each Key Stage are shown in black.

Reference to 'what pupils should be taught' is shown in red.

	Purpose of Study Aims	KS1	KS2
Dance		Perform dances using simple movement patterns	Perform dances using a range of movement patterns
Games Including learning tactics of Attacking/defending		Participate in team games Developing simple tactics for attacking and defending	Play competitive games, modified where appropriate Apply basic principles suitable for attacking and defending
Swimming			Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke Perform safe self-rescue in different water-based situations
Movement	Develop competence to excel in a broad range of physical activities	Develop fundamental movement skills, becoming increasingly confident and competent Master basic movements such as running, jumping, throwing and catching	Continue to apply and develop a broader range of skills Use running, jumping, throwing and catching in isolation and in combination

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	Purpose of Study Aims	KS1	KS2
Using skills, techniques which are applied to a range of activities		<p>Access a broad range of opportunities to extend their agility, balance and coordination</p> <p>Developing balance, agility and coordination</p> <p>Begin to apply basic movements in a range of activities</p>	<p>Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement</p> <p>Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics</p> <p>Apply a combination of movements in a range of activities</p>
Challenge, Analysis and evaluation	To understand how to succeed and excel (in competitive sport) and other physically demanding activities.	Take part in a range of increasingly challenging situations	<p>Develop an understanding of how to improve in physical activities and sports</p> <p>Take part in OAA (Outdoor adventurous activities) that challenges both individually and within a team</p>
<p>Preparation for life and participation: This includes:</p> <ul style="list-style-type: none"> • Health and fitness • Competition • Cooperation (social) 	<p>A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport... Engage in competitive sports and activities</p> <p>It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness.</p> <p>Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect</p> <p>Are physically active for sustained periods of time Lead healthy, active lives</p>	<p>Access a broad range of opportunities.</p> <p>Engage in competitive physical activities (both against self and against others)</p> <p>Work individually and with others. Engage in cooperative physical activities</p>	<p>Enjoy communicating, collaborating with each other and within a team</p> <p>Enjoy working and competing with each other.</p>

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IMPACT

- Aspiration for every child to attend competition and events where they represent New Scotland Hill.
- Completed all the P.E outcomes in their Outdoor passport.
- Instil in the children a desire to stay active and live healthy lifestyle.
- Grown in confidence and have the poise to give their best in any new sporting activity.
- Understanding that many games are about winning as a team and losing as a team.