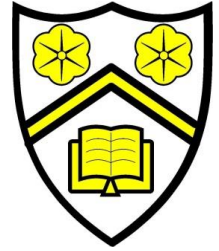


WHITEHILL COMMUNITY ACADEMY (3-11)

A rationale for the Teaching of PE



Our INTENT in PE:

At Whitehill Community Academy, we aim to ensure that the curriculum inspires all pupils to succeed and excel in sport and physical activity. 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.

PE unit aims (Taken from the NC)

Aims include:

- To develop competence to excel in a broad range of physical activities.
- Ensure children are physically active for sustained periods of time.
- Provide opportunities for children to engage in competitive sports and activities.
- Support children in leading healthy, active lives.

IMPLEMENTATION of PE:

PE overview for EYFS, KS1 and KS2

EYFS Development matters

At foundation stage young children must be encouraged to be active and interactive and to improve their skills of coordination, control, manipulation and movement. They must be supported in using all of their senses to learn about the world around them and to make connections between new information and what they already know. They must be supported in developing an understanding of the importance of physical activity and making healthy choices in relation to food.

- Children to learn skills such as walking, balancing and not bumping into things.
- Develop gross motor skills required to move around.
- Develop control of all the smaller muscles which move when picking something up or putting it down (fine motor control)

Key Stage 1

During KS1 children 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.

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, 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.

Key Stage 2

In KS2 children should continue to apply and develop a broader range of skills, learning how to use them in different ways. They should enjoy communicating, collaborating and regularly compete 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.

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, OAA, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team (OAA)
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

SWIMMING AND WATER SAFETY

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.
- Children to start swimming lessons in Year 4 and repeat in year 5.

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	To follow the Physical development in EYFS Curriculum					
Reception	Dance Unit 1	Gymnastics Unit 1	Physical Literacy Unit 1	Physical Literacy Unit 2	Physical Literacy Unit 3	Physical Literacy Unit 4
Year 1	Dance Unit 1	Gymnastics Unit 1	Attack Defend Shoot Unit 1 and 2	Hit Catch Run Unit 1 and 2	Send and Return Unit 1 and 2	Run Jump Throw Unit 1
Year 2	Dance Unit 1	Gymnastics Unit 1	Attack Defend Shoot Unit 1 and 2	Hit Catch Run Unit 1 and 2	Send and Return Unit 1 and 2	Run Jump Throw Unit 1
Year 3	Dance Unit 1	Netball	OAA	Cricket	Gymnastics Unit 1	Athletics
Year 4	Dance Unit 1/ swimming	Gymnastics Unit 1/swimming	Quicksticks/ Hockey/ swimming	Cricket / swimming	Tag Rugby/ swimming	Athletics/ swimming
Year 5	Dance Unit 1/ swimming	Gymnastics Unit 1/ swimming	Tennis/ swimming	Rounders/ swimming	OAA/ swimming	Athletics / swimming
Year 6	Dance Unit 1	Netball	Gymnastics Unit 1	Hockey	Tag Rugby	Athletics

Year 1 and Year 2 (Milestone 1)

From Autumn 1 through to Summer 2, staff will follow the PEHub scheme of work. This is accessible on the PEHUB website and contains downloadable lesson plans. Assessments will be carried out **weekly** and added to the PE assessment folders (photographic evidence, lesson objective, skill and next steps). These will be checked half termly.

Year 3 and Year 4 (Milestone 2)

From Autumn 1 through to Summer 2, staff will follow the PEHub scheme of work. This is accessible on the PEHUB website and contains downloadable lesson plans. Assessments will be carried out **weekly** and added to the PE assessment folders (photographic evidence, lesson objective, skill and next steps). These will be checked half termly.

Children will take part in various outdoor and adventurous activity challenges both individually and within a team.

Year 5 and Year 6 (Milestone 3)

From Autumn 1 through to Summer 2, staff will follow the PEHub scheme of work. This is accessible on the PEHUB website and contains downloadable lesson plans. Assessments will be carried out **weekly** and added to the PE assessment folders (photographic evidence, lesson objective, skill and next steps). These will be checked half termly.

Children will take part in various outdoor and adventurous activity challenges both individually and within a team. For children in Year 6, this will include a residential visit to PGL in the Summer term. Children will also attend weekly swimming sessions in Year 5, overlapping into Year 6, ensuring they are working towards gaining National Curriculum level.

IMPACT of PE:

Assessment, Recording and Monitoring:

- The monitoring of the standard of the children's work and the quality of the teaching of PE is the responsibility of the subject leader. This will include lesson observations and book scrutinies.
- Teachers assess children's work in PE by observing them during working lessons. Above average and below average performances are annotated on teacher's assessment sheets in the PE booklet. Teachers are to take photographic evidence and include with their assessments. At the end of the unit, staff are to record child's overall grade for that area in the front of the assessment folders.
- Children's progress will be entered and monitored on DCPro on a termly basis.
- Due to the afore mentioned involvement there will be opportunities for inset training by PE specialists for both the children and members of staff. Training will take place as and when it is thought necessary.
- We are currently holding the bronze award for School Games.

Subject Leaders: Sasha Dickey, Laura Hopkinson, Andy Smith – January 2020