



## **PE at Little Leigh Primary School**

It is our mission to provide consistent, high-quality Physical Education lessons across the school, in order to improve pupil confidence, enthusiasm, physical literacy and understanding of competition. We want to enable all children at Little Leigh to grow into active, healthy adults who understand the importance and benefits of exercise, sport and personal well-being.

### **National Aim:**

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**

Physical Education is taught using the National Curriculum objectives as a starting point and the PE scheme, PE Hub. This resource allows and enables both specialists and non-specialists to plan and implement high quality teaching within Physical Education. Practitioners are encouraged to use the scheme as a 'scaffold' for their planning, but are encouraged to adapt and alter lessons to meet the needs of their learners, using other PE resources. Use of the PE Hub ensures that the 'whole child' is considered: encouraging physical, cognitive, social and emotional learning.

At Little Leigh Primary School, we ensure practitioners are supported and 'upskilled' in their delivery of PE. Teachers are supported on a regular basis through coeducational delivery programmes. The school's PE specialist delivers CPD and further support is provided by the Vale Royal School Sport Partner to ensure the quality of education is high and that teacher assessments are accurate.

Our P.E. curriculum is progressive in both skills and specific aspects of PE and sport. The elements of PE built upon include gymnastics, dance, multi-skills, invasion games, net games, striking and fielding games and outdoor adventurous activities. The skills and techniques in PE that are developed are running, jumping, throwing, catching, balance, agility and co-ordination, simple movement patterns, competitive games, modified as appropriate, applying basic principles for attacking and defending, developing flexibility, strength, technique, control and balance. Children are given opportunity to explore, experiment and practise these skills and elements of PE.

In Key Stage 1, children develop fundamental movement skills and extend their agility, balance and coordination.

In Key Stage 2, children continue to apply and develop a broader range of skills, learning how to use them in different ways. They develop an understanding of how to improve in different physical activities and how to recognise and evaluate their own success.

As part of their residential trips, the children develop their outdoor adventure activities, and by comparing their performances with previous ones, they demonstrate improvement to achieve their personal best.

We endeavour to support our children in their understanding and accurate use of relevant vocabulary based on the objectives and skills being taught. We encourage our children to be tolerant and responsible citizens through the My Personal Best aspects of the P.E. curriculum, which focus on life skills and qualities such as resilience, problem solving and co-operation.

### **Swimming**

Swimming and water safety is a requirement of the National Curriculum. As a school, we aim for all children to leave with a basic ability to swim competently: swimming 25 metres, using a range of strokes, knowing how to self-rescue. We ensure that our KS2 children attend one 30-minute lesson per week over a 10-week course. During the summer term, we run 'mop-up' sessions for children in Year 6 who have not reached the National targets for swimming.

### **Extra-Curricular Opportunities**

The PE curriculum delivery is equitable and appropriate for all groups ensuring full access and parity for all pupils.

An ever-increasing range of physical activities are available to all children as they progress through school, from traditional sports such as football and netball to dodgeball; from street dance to judo and from athletics to yoga.

Intra-school competitions are held between the school teams and one-off events are held to celebrate national and international sporting events. There are also many inter-school tournaments and festivals held by the Vale Royal School Partnership. Every child in Years 5 and 6 has the opportunity to represent the school in at least one of these events throughout the year

Teachers and coaches regularly offer before and after school extra-curricular activities.

The PE lead, alongside the PE specialists ensure that high quality education is being received. Together, they monitor the progress of PE through pupil voice and lesson observations. Teacher judgement is used in line with progression and success criteria set out in the PE Hub planning.

