



Holy Trinity Church of England (Aided) Primary School

Curriculum Rationale

Physical Education

The Best for Every Child - a Unique Child of God

See how much the Father has loved us! His love is so great that we are called God's children — and so, in fact, we are
(1 John 3:1)

Intent

At Cookridge Holy Trinity we recognise the vital contribution that Physical Education makes to a child's physical, social, emotional, and cognitive development, as well as the positive role it can play in a child's spiritual, moral and cultural development. Physical Education is one of the statutory foundation subjects of the National Curriculum, and makes a vital and unique contribution to every child's development, health and wellbeing. Teachers and children also recognise the essential role and positive influence that Physical Activity has on academic achievement, emotional stability and our ability to interact with others. Through building up a body of key knowledge and skills, pupils are encouraged to recognise the benefits of a healthy and active lifestyle and develop a sense of pride and excitement in their personal achievements.

Implementation

Our whole curriculum centres around creating the best opportunities for every child and the physical education curriculum is no exception. Pupils participate in 2 PE sessions per week which are mainly taught by the class teachers, but are supplemented by highly skilled teaching from sports coaches where appropriate

We ensure that 'pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others.' As pupils move into Key Stage 2 they will 'continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to actions and sequences of movement.' (National Curriculum)

Through our PE lessons, we introduce children to a wide range of skills, movements and sports, so that they become well rounded athletes, who feel confident enough to participate in a wide range of physical activities both within and outside of school. We promote health, fitness and physical education throughout the school day, in many different ways across the year groups.

We follow the National Curriculum and chose to use the 'REAL PE' scheme of work as a foundation to our planning as it has a focus on inclusion, values and fundamental skills and provides a foundation for all other areas of the PE curriculum taught.

We add breadth to our Physical Education curriculum by ensuring that we offer a wide variety of activities in addition to the fundamentals of Real PE including athletics, dance, basketball, gymnastics (REAL Gym), tennis, swimming and outdoor adventurous activities. The high quality, broad programme that we have devised is designed to cater for the needs, abilities and interests of all individual children – the best for every child.

Reception/ Key Stage One

Real PE

Children are introduced to the Real PE scheme from the start of Reception. They are taken through the Fundamental Movement Skills progression in small, achievable steps. Teachers use the Jasmine website to access videos of each Fundamental movement skill, looking closely at the related success criteria. Children will start in Reception at the Yellow level skills and will progress through to the Green level skills by the end of Year 2, with some progressing further into the Red level skills. The skills taught include Static and Dynamic balances, Counter-balances, Coordination skills and Agility. Each individual skill will then be applied within a short game or activity. These skills will be revisited throughout the year. Children will take on the roles of coaches and athletes to tutor and give feedback to one another.

Dance

In Reception dance is taught through the Imoves 'Dinosaur Dance' module to tie in with the Dinosaur topic. Children enjoy creating and performing short dance sequences to music using travel, jumps, turns, gestures and levels using the dinosaur theme. In Year 1 the children's dance skills are developed whilst studying the Wizard of Oz topic. Using bespoke lesson plans from First Steps (Jodi Love), children explore the different types of travel, jumps, turns and gestures that represent each character in the story. They then base a dance around the theme of 'Pirates' to tie in with their Seaside topic in the summer term, watching a dance based on Pirates from BBC1's 'Strictly' to inspire them. Year 2 build on this by studying dance as part of their Great Fire of London and India topics. In the Autumn term, they create movements to explore what it was like during the Great Fire using the BBC dance module. They then learn to perform simple Bollywood dance moves in the summer term and develop a dance sequence to music using their own choreography, which they then perform to their peers.

Gymnastics

Gymnastics is taught through the Real Gym scheme. Children explore shape, travel, flight and rotation, moving from the floor to low apparatus. Children move through the skills from 'Tricky', 'Trickier' to 'Trickiest' and will have the opportunity to apply those skills for the second part of the lesson. Teachers access videos to demonstrate the skills through the Jasmine online platform.

Games

In KS1 games is taught through various sports including cricket, basketball and football. The emphasis of the lessons is to practice and develop skills independently at first, before progressing the skills with a partner (for example throwing and catching). The sequence of lessons will often culminate in a small team game where children are introduced to simple tactics for attacking and defending. Qualified local coaches are often brought in to deliver some of these sessions eg: Yorkshire Cricket and Leeds Rhinos. Children in Year 2 also work towards a skipping competition and receive coaching from Skipping Schools.

Key Stage Two

Real PE

Children continue to apply and develop a broader range of skills, through the Real PE scheme which builds on the skills introduced in Reception and KS1. Utilising prior learning, children work through Fundamental Movement Skills progressing in small, achievable steps in their weekly Real PE lessons. To ensure continuity, teachers continue to use the Jasmine website to access videos of each Fundamental movement skill, looking closely at the related success criteria. KS2 Real PE lessons are split into 6 week blocks each of which focusses on two specific fundamental skills. As children progress through the key stage there is greater emphasis on them taking ownership of their learning. Lessons in Upper KS2 progress to the stage where children can independently apply skills in small group games and mini competitions which children are given the freedom to create themselves. Real PE lessons regularly provide children with the opportunity to evaluate and compare their performances

with previous ones and demonstrate improvement to achieve their personal best which is assessed at the start and end of each block of learning.

Swimming and water safety

Children in Year 4 undertake weekly swimming lessons in which they develop their ability to swim a range of strokes confidently and proficiently over a distance of at least 25 metres. Lessons are sequenced effectively in order to ensure children develop their water confidence and stroke proficiency. In order to ensure children have met the 25 metre target. Any children unable to swim 25 metres confidently and proficiently by the end of Year 4 are provided with the opportunity to attend additional swimming lessons until they are able to reach the required standard. As part of their lessons, Year 4 children are also taught lifesaving and water safety lessons in order to learn how to perform safe self-rescue in different water-based situations.

Games

In KS2 children have the opportunity develop and apply the fundamental skills taught in Real PE by playing a range of competitive sports and games. Skills taught in games lessons, build on those visited in KS1 and allow children to collaborate and compete with each other in a range of activities such as, basketball, hockey, football, rugby (taught by Leeds Rhinos) and invasion games such as capture the flag. During lessons children are able to apply basic principles suitable for attacking and defending specific to the sport/ game being played and learn to adapt and respond to specific scenarios and changes in rules. Sports are taught to specific years at certain times in order for them to tie with competition.

OAA

Children in upper KS2 attend two residential trips – Year 5 visit Robin Wood and children in Year 6 visit Peat Rigg. On these residential trips, children are provided opportunities to participate in a range of outdoor and adventurous activity challenges such as tree climbing, zip lining, archery and a range of team building activities both individually and within a team. Activities such as orienteering and map reading skills are also delivered in cross-curricular topic lessons.

Gymnastics and Dance

Through the teaching of gymnastics and dance children are provided with the opportunity to develop their flexibility, strength, technique, control and balance in a range of scenarios. Floor gymnastics and gymnastics using the apparatus is taught in Year 5. Year 4 and 6 children have regular dance lessons delivered by specialist dance coaches from Leeds Rhinos. The IMoves Dance platform is used across the key stage. Guided dance allows children to perform dances using a range of movement patterns, children also work independently or collaboratively to produce and then perform their own routines, actions and sequences of movement to the rest of the class following which, children evaluate their routine before inviting others to give feedback.

Athletics

In the Autumn Term, Year 6 practice Circuit Training in the school hall. Then in the summer term, all year groups focus on athletics in preparation for sports days. Skills include javelin, discuss, shot put, long jump, speed bounce, relay and sprint races. The children take part in a number of athletics lessons allowing them to develop flexibility, strength, technique, control and balance.

Extra PE sessions

In addition to the weekly PE lessons, children from each year group are chosen to take part in targeted 45 minute PE interventions which are led by a coach from Premiere Sport. The children chosen for these sessions are chosen following assessment by the teachers.

Physical Activity:

At Cookridge Holy Trinity we recognise the importance of regular physical activity, and strive to offer children as many opportunities as possible to be physically active during the school day, alongside their twice-weekly PE lessons. We recognise the essential role and positive influence that Physical Activity has on academic achievement, emotional stability and our ability to interact with others. Pupils are equipped with key knowledge and skills and are encouraged to recognise the benefits of a healthy and active lifestyle while developing a sense of pride and excitement in their personal achievements. Our aim is that children are provided with the opportunity to be physically active in school for at least 30 minutes each day while encouraging them to be active for a further 30 minutes at home- in line with the Youth Sport Trust's recommendations.

The physically active opportunities that we offer to our children include –

- Weekly Yoga sessions run by Tattybumpkin Yoga Company for our Reception and SEND children, plus a target group of children from different year groups which is changed half termly.
- Daily Mile
- Playtime equipment boxes with equipment chosen by the children themselves at the start of each new year
- GoNoodle, BBC Supermovers and Just Dance
- Skipping (with children in Year 2 and 4 taking part in Skipping workshops and Skipping competitions)
- Wake up Shake up
- Bikeability (For Year 1 and 6)
- Bike/ Scoot/ Walk to school weeks throughout the year
- Sports Coaches on the playground at lunchtimes from Leeds Rhinos and Premiere Sport.
- Junior Parkrun 'takeover' days
- Opportunity to take part in Cookridge Community Fun Run each summer
- After school sports clubs
- Golf taster sessions
- Bike and Scooter shed to encourage active travel to school

Impact:

By the time pupils leave Holy Trinity they will understand how physical activity and physical education are an essential and positive influence upon their physical and mental health, and recognise the benefits of a healthy and active lifestyle.

We evaluate the impact of our curriculum in several ways.

Pupil achievement and progress

We measure pupil achievement (the acquisition of knowledge and skills) and progress (knowing more, remembering more) using a number of strategies, including:

- half termly and summative assessments
- on-going teacher assessment based on questioning, observations and pupil outcomes
- pupils' acquisition of vocabulary and knowledge through learning and coaching conversations
- having an understanding and knowledge of our children's sporting talents and achievements outside of school and celebrating these within our school day.