



Physical Education Curriculum Rationale

Intent

Our vision at Oreston Community Academy is that we use physical education as a tool which enables all children to be encouraged to lead healthy, physically active lives, both now and in the future. Through the teaching of Physical Education at Oreston, and the broad range of free sport clubs that we offer, we aim to develop the children's social, physical and personal skills, health and fitness, cognitive ability and creativity. We are certain that physical education is a vehicle for children to develop resilience, fairness and respect, as well as developing holistically in order for them to thrive. The ultimate goal is to enable the children to make educated choices about physical activity throughout their lives and to promote physical positive attitudes towards hygiene, fitness and health.

Implementation

At Oreston, the Sports Premium is spent carefully and effectively to ensure that we are giving all children the best possible opportunities in Physical Education and Sport. Whilst adhering to the PE National Curriculum, we ensure that the delivery of PE across the school is progressive, inclusive and ambitious, allowing all children to succeed and become physically confident. We have used the Sports Premium to purchase 'Real PE' which ensures that children are developing holistically and progressively throughout their Primary PE journey.

During the Early Years Foundation Stage (EYFS) stage, children will explore different ways of moving and be confident in performing large and small movements. They will be taught about the importance of health and exercise and know ways to get themselves healthy. Throughout the year they will develop their agility, balance and co-ordination through exciting and engaging PE lessons.

As they move into Year 1, children will continue to develop their agility, balance and co-ordination as well as developing to work on tasks individually and work collaboratively with their peers. As part of the creative unit, they will explore and describe different movements and be able to link two movements together.

In Year 2, they will continue to enhance their fundamental skills, however they will begin to be work on control and consistency of these movements. With support and modelling, they will learn how to compare their work with their peers and some will begin to give feedback to their peers. Through team games, the children will begin to learn about simple tactics when defending and attacking in competitive situations.

As the children move into Year 3 and 4, they will experience more challenging and competitive situations which will demand more collaboration, fairness and honesty as set out in our intent for the PE curriculum. The fundamentals of the Key Stage 1 curriculum will remain a pivotal feature of the Key Stage 2 curriculum. However, the children will start to develop their flexibility, strength, technique and control alongside of these. A focus on personal best will be apparent throughout the Key Stage 2 curriculum and the children will be taught how to compare and evaluate in a range of sporting situations. As part of the creativity strand, the children will make their own rules and versions of games. The children will be able to explain how their body feels after exercise and explain the importance of a warmup and cool down.

At the end of Key Stage 2, children will demonstrate control and consistency in a range of different movements and be able to use a combination of skills in sports specific contexts. In addition to this, they will be able to take on different roles and responsibilities in a range of sports contexts. They will be able to give detailed feedback to others, work collaboratively with all children and guide peers through tasks. By experiencing a range of competitive sports, they will refine their tactical knowledge and think logically about how to outwit opponents.

We regard staff Continuous Professional Development (CPD) as a pivotal point in ensuring that children are receiving high quality PE lessons. In order to develop staff confidence and knowledge, we invest in external specialists who work alongside each member of staff throughout the year. All teaching staff have also received in-depth CPD for the Real PE programme.

At Oreston, we have well established teams who compete in Level 1, 2 and 3 competitions. We attend Level 1 and 2 inclusion events to ensure that all children have the opportunity to experience competitive situations in a broad range of sports. We compete in a range of sports competitions including: football, hockey, netball, cross country, tag-rugby, indoor curling, archery, boccia, inclusion football, athletics, rounders, dance, indoor rowing, tennis and gymnastics.

Our extra-curricular programme is extensive and inclusive providing extra opportunities for all children at Oreston. We provide a wide range of sports clubs across both key stages which are run by members of staff and/or external coaches. We aim to offer an 'alternative' sports clubs as well as 'traditional' to encourage children to try a variety and breadth of sports throughout their primary education.

As another way of offering a wide breadth of opportunities, the PE premium is used to support 'Health Week' where all children from Nursery to Year 6 enjoy experiencing a range of alternative and traditional sports all well as enhancing their awareness of the importance of physical and mental health.

Impact

We believe that when PE is taught well, it is an extremely powerful tool in ensuring that children are lifelong learners and healthy citizens. A well planned and delivered PE curriculum allows children to experience success and in turn be physically active throughout secondary school and into their adult life. By providing the children with a wide range of physical and competitive activities we encourage them to develop lifelong skills such as resilience, fairness and respect which we believe shapes well-rounded individuals with qualities that are essential to succeed in all areas of life.

Most of our children are able to swim the National Curriculum expectation of 25m by the time they leave school. We provide top-up swimming lessons for any children who do not achieve this distance in Year 3.

The uptake of places at our extra-curricular clubs is high and we regularly attend competitions provided by Plymouth School Sports Partnership and other external agencies throughout the year.