



Curriculum Subject: PE

Intent

At Oreston, we recognise the importance of PE and Physical Activity. We aim to provide a curriculum that allows all children to be motivated to lead healthy and physically active lives. We believe that our curriculum is the vehicle to enable our pupils to develop physically, socially, personally and cognitively.

Starting in Early Years, the pupils of Oreston will develop a foundation of fundamental skills. As they advance through the school, these fundamental skills will be crucial to their continued development through a wide range of sports and activities available in our curriculum.

Physical activity is present in wider areas of the curriculum, to reinforce the importance of physical health and wellbeing.

Learning Expectations

- Start each lesson 'Ready to Learn'.
- Children active for a much time a possible
- Every child participating.
- Use of talk partners.
- Giving full sentences for every answer.
- Collaborative learning

Vocabulary

Children are introduced to new tier 2 and 3 vocabulary each lesson which they practise orally, by listening, reading and writing.

Overviews identify new vocabulary and children are expected to use appropriately during each unit, making links to build schema across the subject and beyond.

Expectations

To accomplish our vision by inspiring our pupils, at Oreston, we ensure our children have access to a wide range of physical activities in the belief that when they are taught well and they experience success, they are inspired to continue a physically active lifestyle throughout their life. Our high-quality physical education curriculum provides opportunities for children to utilise skills and knowledge to develop their self and encourage them to take responsibility for their own health, fitness and mental wellbeing.

British Values

Tolerance and Mutual Respect

Respect to be demonstrated when sharing opinions and ideas. Working collaboratively with respect when completing lesson activities.

Rule of Law

Health and safety understanding when using media and equipment. Demonstrate our school rules in each lesson.

Democracy

Teaching of democracy historically as appropriate for the age of pupils, material on the strengths, advantages and disadvantages of democracy, and how democracy and the law works in Britain, in contrast to other forms of government in other countries. Consideration of other historian's views and opinions which exemplify diversity in race, gender and heritage.

Individual Liberty

Enabling uniqueness and creativity to be embraced and celebrated, encouraging individuality and children being their authentic selves.

Adaptations

- Adapted lesson structure (e.g. more paired discussion/mini plenaries)
- Individual support by teaching staff.
- Specific support sensory/learning need.
- Visual supports.
- High expectations of all learners, regardless of ability or need.

Wider Opportunities

- Use of sensory breaks / active breaks. These are used to encourage children to be active between the teaching of lessons and top up the 'active 60 minutes' expected by every child.
- Children have the opportunity to participate in a variety of inclusive competitive sports throughout the year and an annual sports day.
- We ensure lunchtimes and playtimes are active and physical activity is encouraged, and purposeful.
- Teachers and outside agencies such as; Arena, Plymouth Argyle and more, allow us to offer a range of after school clubs which are inclusive, enjoyable and provide children with the opportunity for physical activity beyond the school day.
- Annually, we celebrate 'Health and Well-Being week to educate and promote a healthy lifestyle and physical activity.
- Children attend swimming lessons in Year 4 and top up sessions in Year 6 to ensure they can swim 25 metres by the end of Primary.
- Children in EVFS receive Balanceability and children in Year 6 receive Bikeability annually.
- Children in Year 6 have the opportunity to attend a residential which enables to experience a wide range of activities such as kayaking, abseiling, rock climbing etc
- Children in Year 3 and 5 have the opportunity to attend a Beach Day which includes lots of different physical activities.