

PE at Clifton Primary School

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The document should be read in conjunction to our [PE and School Sport Premium plan](#).

Intent and rationale

The intention of the PE curriculum at Clifton is to continuously provide our children with a broad range of high-quality physical education and allow frequent opportunities to be active, healthy and happy. We aim to promote a love for physical education and being healthy, active individuals in our everyday lives. At Clifton, we believe we can create an enabling environment in PE where young people feel included, valued, challenged and supported to achieve their maximum potential, in school and in life.

Through the use of Real PE in key stage 1, we have different units which link stories and songs to physical activity, to engage the children. The units are designed to challenge and inspire our children, giving them the physical literacy, emotional and thinking skills to achieve in PE, sport and for life-long learning. In Year 1 and 2, the children start with unit 1, which develops their co-ordination and static balance. They then build upon this in unit 2, where they learn the skills of dynamic balance, agility and static balance. Unit 3 builds upon previous learning to ensure children can complete skills in a different form, e.g. balancing while seated and on a line. In unit 4, the children develop their hand eye co-ordination skills through using different sized balls and counter balancing with a partner. Unit 5 builds upon the previous unit where children progress with their co-ordination skills and learn how to send and receive balls developing their hand eye co-ordination. In the final unit, children will perfect the skills of agility and floor balance.

Through the duration of key stage 2, we follow the Complete PE programme, covering all areas of the National Curriculum for KS2, with transition units available to bridge the gaps into key stage 3. We believe that it is important to deliver a variety of skills throughout each year group, giving the chance for all children to practise and improve in all areas. To demonstrate clearly, we accompany our practical lessons with interactive videos which model to the children exactly how to meet the success criteria of the skill, bringing the learning to life. In addition, differentiated learning cards are embedded within the planning, providing additional support and ideas to confidently adapt learning to meet the needs of all the pupils.

Children are taught to use running, jumping, throwing and catching in isolation and in combination. This is taught through competitive game play, for example basketball and rounders. In addition to this, attacking and defending skills are built upon throughout the different sports. Flexibility, strength, technique, control and balance are explored through athletics, dance and gymnastics, leading onto performance dances using a range of movement patterns. Children move onto comparing their performances with previous ones which teaches them how to improve and achieve their personal best. In upper key stage 2, children take part in outdoor and adventurous activity challenges both individually and as part of a team.

Implementation

Our teachers deliver high quality PE lessons, which are characterised by a broad holistic approach - the aim being to develop the 'whole child'. In key stage 1, we have adopted and adapted the Real PE scheme, which provides the children with the fundamental movement skills that are needed to engage with physical activity. This is to enable the pupils to become Physical Literate individuals. These skills include: agility, balance and co-ordination, which are the building blocks that underpin a child's ability to play and engage in different sports. The children learn the basic skills in Reception and these are built upon every year until year 2, which ensures the children have mastered these skills before moving on to key stage 2.

Following the teaching of the Real PE scheme, by year 3 our children are ready to progress the skills embedded from the younger years. During key stage 2, the children are given the opportunity to participate in a wide range of sports and competitions, such as Sports Hall Athletics, Gymnastics and various invasion games. We feel it is important for the children to feel passionate about physical activity and sport and subjecting them to a wide range of activity aids that. New skills and game play are also introduced, broadening their knowledge of rules and tactics that can be applied to different game play situations.

Wherever possible, we give children the opportunity to use the skills they have learnt in a game setting and mini competitions. Teaching methods encourage the involvement of the children and aim to increase their communication skills through praising peers, developing their own skills – naming things they are good at and can improve on.

In key stage 2, our timetable facilitates a wide range of skills including running, jumping, throwing and catching, developing flexibility, control, strength, technique and balance, performance, playing a selection of competitive games and taking part in outdoor and adventure activities. These skills are taught through a variety of different sports, tailoring each one to the specific sport or game play. Alongside lessons in school, years 3 and 4 participate in regular swimming lessons at the local pool, equipping them with both water confidence and life saving skills, according to the National Curriculum. These sessions are assisted by qualified swimming teachers and lifeguards, providing the children with tailored sessions suited to their ability.

Sports such as hockey, tag rugby, cricket and basketball are included in the provision, and more recently, year 6 have incorporated a unit on American Football, which is supported by the chance to play in a national competition at the end of the year. In all years this is supported by our extra-curricular programme.

Older children are highly motivated by the competition aspect of the subject, whether that is by competing in inter class, inter year, or inter school competition. Passion and enthusiasm are shown by the dedication they have for learning the correct rules and tactics of different game play scenarios. As a result of the experiences we provide, children at Clifton show confidence in both their own ability as well as their peers, leading to a strong team work ethic and want to continue their Physical Education adventure in the wider community, at sports clubs and for life.