



Seek, believe & achieve in PE

PE at Speen School aims to inspire our pupils to enjoy being active, encourage and support one another and **achieve** together. We know that a high-quality PE curriculum will help children develop their health, fitness and wellbeing and that healthy habits need to start young. In our PE lessons, we provide a safe and supportive environment for children to **flourish** in a range of different physical activities **so that they can be the best that they can be** and this allows us to support their physical, emotional, spiritual, social and moral development. We teach the children the fundamental movements that will underpin the foundation of a variety of sports. We aim to provide high quality PE lessons in which the children are able to develop physical stamina (improving fitness), as well as their physical skills, including core stability.

Intent

Children at Speen are given opportunities in Physical Education to:

- Understand how to lead healthy, active lives
- Work with others, listen to and **respect** each other's ideas, able to value different strengths and interests amongst their peers
- Show care and **respect** for the equipment, materials and resources that they use in their lessons
- Develop competence to excel in a broad range of physical activities
- Engage in competitive sports and activities both within the school and against other schools in the locality
- Learn how to offer and receive constructive feedback and praise
- Be physically active for sustained periods of time
- Consider their own attitudes and values in relation to playing games and team work
- Learn country dancing and perform routines for an audience at the annual village fete
- Make use of the magnificent outdoor surroundings for sporting activities, walking and forest school activities

At Speen we offer a varied and stimulating program of activity to ensure that all children progress physically through an inspirational, unique and fully inclusive PE curriculum. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely yet imaginatively to achieve their personal goals. All children have the opportunity to enjoy being physically active, maintain a healthy lifestyle and using the medium of sport, increase their self-esteem.

We aspire for children to adopt a positive mind-set and believe that anything can be achieved with determination and resilience. PE teaching is good at Speen when:

- there are opportunities to be active throughout most lessons
- lessons promote language, good listening and swift response
- children are leading the learning experience with the teacher as the facilitator

- lessons are differentiated to meet the needs of all children
- lessons are well resourced
- assessment informs future planning

The aim of Physical Education is to promote physical activity and healthy lifestyles. Children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators, thus embedding life-long values such as [respect](#), co-operation, collaboration and equity of play.

Our PE Curriculum, along with PSHE and science, teaches children about the importance of healthy living and learning about the need for good nutrition. At Speen we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future, by becoming physically active citizens to benefit their long-term health and well-being.

We follow the requirements set out by the National Curriculum and seek to broaden and develop the children's experiences through regular extra-curricular opportunities, visits and through visitors coming into school. The National Curriculum aims are that:

- 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.

Our Implementation

Physical Education lessons are taught in Speen by the class teacher. The lessons ensure a range of sport skills are covered and build sequentially over time to ensure progression of skills for all. Each class have a timetabled lesson of high-quality PE delivered by the PE co-ordinator, as well as two weekly lunchtime tennis (Tuesday) and multi-sports (Thursday) clubs on a three week rotation taught by external qualified coaches. This is supplemented by after school sports clubs, where outdoor exercise in our extensive grounds are encouraged whenever possible.

By the end of each key stage, pupils at Speen are expected to know, apply and understand the skills and knowledge as specified in the relevant programme of study.

Early Years Foundation Stage

In the Early Years, pupils should develop fundamental gross motor skills and begin to develop their movement skills including agility, balance and coordination. They should begin to engage in co-operative physical activities.

Reception

Foundation Stage children, receive daily access to activities indoors and outdoors that build on their fine and gross motor development as well as structured PE sessions. Children are encouraged to develop their core strength and gross motor skills to ensure that they are ready for fine motor movements. We encourage children to be active and use games, songs and dances across the curriculum, both within the class and outside.

Pupils should be taught to:

- negotiate space and obstacles safely with consideration for themselves and others
- demonstrate strength, balance and coordination when playing
- move energetically such as running, jumping, dancing, hopping, skipping and climbing

These early experiences are then built upon as children progress into KS1.

Key stage 1

In KS1, pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

PE lessons focus on the development of agility, balance and coordination, healthy competition against themselves and others, and cooperative learning. They allow all children to develop a range of abilities that will not only help them succeed in sport but in life. These include their creative, cognitive, social, personal, physical and health and fitness skills.

The children are provided opportunities to transfer these skills into sports and are also able to take part in cluster PE events with other schools such as tennis, basketball, hockey and gymnastics.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

PE curriculum:

	PE Curriculum					
Reception	Ball skills Tennis Multi-sports	Ball games Tennis Multi-sports	Bean bags Tennis Multi-sports	Hoops and Quoits Tennis Multi-sports	Throwing and Catching Tennis Multi-sports	Bat and Ball Tennis Multi-sports
KS1	Ball games Tennis Multi-sports	Gymnastics Tennis Multi-sports	Dance Tennis Multi-sports	Fitness Tennis Multi-sports	Sending and Receiving Tennis Multi-sports	Athletics Tennis Multi-sports

Impact

We measure the impact of our Speen PE curriculum through the following methods:

- observing of pupils in lessons
- observations of individual or small group performances
- listening to pupil feedback from observing others
- listening to pupils’ reflections of own abilities
- Interviewing the pupils about their learning (pupil voice)

PE specialists report back to class teachers on the competencies achieved within each unit covered. Staff continually monitor the impact PE is having on the children’s learning and all-round development, through observations and talking with pupils, to ensure the progress of knowledge and skills is being taught and pupils are gaining in confidence. Impact will also be measured through key questioning skills built into lessons and child-led assessment aimed at targeting next steps in learning.

Children enjoy PE sessions and are active throughout most of the lesson. Children recognise the impact of physical activity on their bodies and can talk about healthy living. Children’s physical stamina and skills develop over their time here, from EYFS to Year 2, enabling the majority of children to achieve the national curriculum age related expectations in Physical Education.