



Our Vision for Physical Education (P.E.)

What do we want for our children as young sports persons?

At Brookside Primary School, we believe that a high-quality physical education curriculum will help all children to recognise the importance of leading healthy, active lifestyles; develop competences to excel across a broad range of physical activities; and inspire all children to engage in competitive sports and activities. We want all children to become physically confident in a way that supports their health and fitness. Physical Education will be used as a vehicle to build pupils' character and teach the following key values: determination, honesty, passion, respect, self-belief, teamwork.

As well as curriculum provision in the form of PE lessons, there are a multitude of enrichment opportunities for children to engage with. Pupils can take part in wide variety of extra-curricular sports clubs and inter-school competitions over the course of each academic year. In Year 5 they are able to become Play Leaders, delivering activities to KS1 children, and pupils can apply to be Sports Leaders in Year 6, where they take on leadership roles to influence PE and school sport at Brookside.

Brookside Sports Values

At Brookside we focus on the School Games Sports Values as part of our PE curriculum. Each half term we promote and emphasise a different value both inside and outside of PE lessons. The values in order throughout the school year are as follows: honesty, determination, teamwork, self-belief, passion, and respect. As part of our Sports Week at the end of the year we hold an awards assembly to celebrate 'Brookside Sports Personalities of the year' where children receive awards for the aforementioned values.

Active learning as a distinct curriculum characteristic

As a school, we place a high value on physical activity and its links to health, fitness and wellbeing. Therefore, our expectations of physical activity go beyond simply Physical Education as a subject area. Active learning is embedded into all subject areas across our School Curriculum. We believe active learning leads to healthy attitudes towards lifelong fitness and well-being. Additionally, active learning is essential to the personal development and learning of every child at Brookside as it promotes interaction, communication and the sharing of ideas that enhance the entirety of each child's learning experience.

Teaching and inclusion

Teachers will set high expectations for all pupils in all lessons. Units will be planned to incorporate a number of PE 'big ideas', as outlined above. Each unit will also focus on teaching and encouraging one of the six key values (determination, honesty, passion, respect, self-belief, teamwork); behaviours that demonstrate these values from the children will be rewarded.

Lessons will be planned to provide suitable challenge and support as necessary for all pupil groups, including; more-able, SEND, EAL, those with disadvantaged backgrounds and those with low prior attainment.

Curriculum Intent

The following sections outline a summary of the physical education curriculum intent at Brookside Primary School. Further detail of the curriculum intent and progression for the respective year groups can be found as part of the Get Set 4 PE scheme that we use. Some of our Sports Premium funding is used to finance outside PE providers to deliver PE lessons on a given day each week. These lessons are not used as PPA cover and staff are expected to assist in teaching the lessons and use them as an opportunity for CPD.

Early Years

In the EYFS children the most relevant learning outcomes relate to the 'Physical Development' ('Moving and Handling' and 'Health and Self-Care') and 'Expressive Arts and Design' areas of learning.

Children will:

- Have opportunity to experiment with and develop their confidence in different ways of moving.
- Jump off an object and land appropriately.
- Play running and chasing games with others, negotiating space and changing speed and direction to avoid obstacles.
- Travel with confidence and skill around, under, over and through balancing and climbing equipment.
- Show increasing control over objects in pushing, patting, throwing, catching and kicking.
- Balance momentarily.
- Initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.
- Represent their own ideas, thoughts and feelings through dance.
- Show good control and coordination in large and small movements.
- Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
- Experience handling different equipment safely with increasing control.

Key Stage 1

In Key Stage 1, children will develop fundamental skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. The children will engage in competitive and co-operative physical activities, in a range of challenging situations. Children will take part in a variety of games, gymnastics, dance and athletic activities.

Games:

Pupils are taught:

- Simple competitive games, including how to play them as individuals and when ready, in pairs and in small groups.
- To develop and practice a variety of ways of sending, including throwing, striking, rolling and bouncing, receiving and travelling with a ball and other similar games equipment.
- Elements of games play that include running, chasing, dodging, avoiding and awareness of space and other players.

Gymnastics:

Pupils are taught:

- Different ways of performing the basic actions of travelling, using hands and feet, turning, rolling, jumping, balancing, swinging and climbing both on the floor and using apparatus.
- To link a series of actions both on the floor and using apparatus and how to repeat them.

Dance

Pupils are taught:

- To develop control, co-ordination, balance, poise and elevation in the basic actions of travelling, jumping, turning, gesture and stillness.
- To perform simple movements or patterns, including some from existing dance traditions.
- To explore moods and feeling and to develop their response to music through dances, by using rhythmic responses and contrasts of speed, shape, direction and level.

Athletics

In teaching units pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities pupils think about how to achieve the greatest possible height, speed, distance or accuracy. Pupils within this unit also prepare for sports day.

Key stage 2

In Key Stage 2, the children will continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences in movement. We will provide the children with plenty of opportunities to allow them to enjoy communicating, collaborating and competing. Children will have the opportunity to take part in a variety of games, gymnastics, dance and OAA. In Year 5, children will be taught to swim competently, confidently and proficiently.

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Swimming

In Years 3 & 4 (including catch up for Y6), children have access to swimming lessons through the local leisure centre.

Pupils are taught by qualified swimming teachers to:

- Swim competently, confidently and proficiently over a distance of 25m.
- Use a range of strokes effectively.
- Perform self-rescue in different water-based situation.

Outdoor Adventurous Activities

Pupils take part in outdoor adventurous activities in a variety of ways including orienteering, team building activities, Forest Schools in Year 4 and through Robinwood residential in Year 6. They learn to complete challenges and problem solve both individually and as part of a team.

Additional enrichment for all

In addition to swimming, Forest Schools, the Robinwood residential and countryside hike, during their time at Brookside, pupils take part in a unit of ice skating and the Bike Ability course. Sports Week takes place every year in July and helps to raise the profile of PE and sport through different sporting role models and a wide range of sport and health related activities.