



St James' Church of England Primary School

Physical Education



Our Christian Values and Pupils' Personal Development

Our curriculum is an important means by which we develop the values of our school in our pupils during their time at St James' Church of England Primary School. When planning and delivering lessons, teachers give attention to our Christian values of **Endurance, Forgiveness, Koinonia, Peace, Thankfulness** and **Trust** which are relevant to the unit of work. Our aim is to encourage positive attitudes to learning, to ourselves as individuals and to other members of our community.

Cultural Capital

Through our curriculum we aim to provide our children with the skills and knowledge they require to be educated citizens with an appreciation of human creativity and achievement throughout human history. With these insights our pupils will have the capacity to be happy, independent, confident individuals able to benefit from and contribute to their local communities and wider society.

Reading





The effective teaching of reading is of paramount importance. Becoming efficient readers enables our children to achieve our other curricular aims much more easily. It is a skill for life. We give the highest priority to the improvement of children's reading

Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims




The national curriculum for physical education aims to ensure that all 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.

Subject Content - Key Stage 1

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.







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.

Subject Content – Key Stage 2




Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

-  use running, jumping, throwing and catching in isolation and in combination
-  play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending.
-  Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)
-  Perform dances using a range of movement patterns
-  Take part in outdoor and adventurous activity challenges both individually and within a team.
-  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety




All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

-  Swim competently, confidently and proficiently over a distance of at least 25 metres
-  Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).
-  Perform safe self-rescue in different water-based situations.

Intent

At St James' Haslingden, Physical Education is an integral part of our curriculum and we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve great things. We provide a safe and supportive environment for children to flourish in an ever widening range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development. We aspire for children to adopt a positive Growth Mindset and believe that anything can be achieved with determination and resilience. Our curriculum aims to challenge and support, improving the well-being and fitness of all children. This is not only achieved through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their best and succeed. We also place an essential part of our curriculum on swimming. Swimming is an important life skill and we aspire for all children to leave primary school having met at least the minimum requirements of the National Curriculum.

Implementation

-  PE at St James' Haslingden provides challenging and enjoyable learning through a range of sporting activities including invasion games, net & wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventure and swimming.
-  The whole Year 4 class has swimming in the Autumn and Spring Terms.
-  Pupils participate in at least 2 hours of high-quality PE lessons each week, covering two different sports/ skills focuses each half term.

- 🏰 Teachers use and adapt planning and resources to ensure lessons across years show progression.
- 🏰 Children are encouraged to participate in the varied range of extra-curricular activities. We provide inclusive and enjoyable clubs which increase children's physical activity. Clubs are offered to both KS1 and KS2 children, occasionally Foundation Stage too.
- 🏰 Year 6 children can become Play Leaders for the school. Training for this is provided by our Deputy Headteacher. The children assist with and organise games at break times.
- 🏰 We believe that having a Sports Council at St James' Haslingden, helps to develop sporting role models for the younger children. 2 Sports Council Leaders are elected from Yr2-Yr6. These children meet half-termly with the PE Lead and discuss ways to develop the PE and Sports in our school. They also organise both Inter and Intra School competitions, support club development, lead pupil voice and actively encourage sport for all.
- 🏰 Children are invited to attend a host of competitive sporting events and festivals within the local area and beyond. We take part in all competitions on offer and strive for an inclusive approach which endeavours to encourage not only physical development but also mental well-being.

Impact

At St James' Haslingden, we aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school. We ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. Our pupils are physically active, and this has a positive impact on their learning in the classroom. We have created a safe and supportive environment that encourages each child to lead a healthy lifestyle and understand the importance of regular exercise. Children can represent the school at sporting events from local to county level. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve great things and live life in all its fullness.