



Physical Education at Heathfield

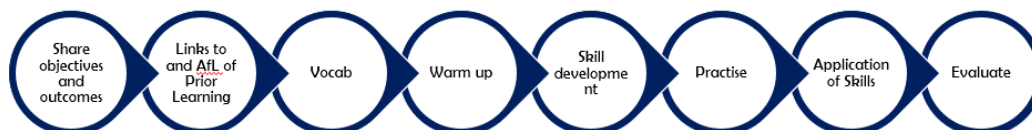
Intent

At Heathfield Primary we recognise the importance of PE and Physical activity and the role it plays in promoting healthy lifestyles in the long term. Our PE curriculum is broad and balanced to create positive attitudes to physical activity and enable pupils to increase their self confidence, competence and be active for life. We have a vital role to play in the physical, social, emotional and intellectual development of our children. Physical education and sport are important in giving children the knowledge, understanding and the tools to make a positive impact on their own health and well-being. Our PE curriculum that inspires pupils and provides them with skills to participate in a range of sports. The progressive learning objectives allow challenging learning experiences for all pupils. Lessons are taught in sequences to allow progression of skills. Pupils revisit areas of learning to enable them to develop and build upon previously learnt knowledge and skills.

Implementation

At Heathfield, all pupils participate in at least two PE lessons a week providing a holistic, personalised and inclusive approach. We offer a positive experience that is engaging. A range of sports are taught including games, dance, gymnastics, athletics and OAA providing a broad and balanced curriculum, following the Get Set 4 PE scheme of work. We also use REAL PE lessons, which incorporate the physical skills, underpinning sport fundamentals and develop physical literacy, which can be used in various sports and across different contexts. The key skills enable pupils to be successful not only in PE but also across the curriculum, offering activity and concept based activities and thematic games for understanding. Pupils in Years 5 and 6 go swimming for a half term, to develop swimming and water safety skills. We recognise the importance of competitive sport for all abilities and allow pupils the opportunity to participate in regular inter and intra competitions in the local area. School offers a wide range of extra-curricular after school club activities, including some run by local sports club coaches to allow specialist coaching, nurture talent and encourage healthy lifestyles beyond the classroom.

Each PE unit follows the same sequence of learning to ensure the coverage of the key elements that form the backbone of the PE curriculum:



SEND Provision and differentiation

To ensure all children are able to access the PE curriculum, teachers use a range of strategies to support the inclusion of children with SEND. This includes the differentiation of objectives and activities, the use of smaller steps to support progress and the use of tailored resources. Some children also have a teaching assistant to support them.

Assessment

Assessment for learning forms an integral part of the teaching of PE, to gauge understanding, address misconceptions, stretch the learning of higher ability pupils and inform next steps. In addition, foundation subjects are formally assessed twice a year to track attainment and evaluate coverage and understanding of objectives.

Impact

Pupils at Heathfield are taught PE and physical activity as a basis for future healthy lifestyles and to nurture positive attitudes to physical activity. We want the impact to be an increase in positive evaluations, experiences, confidence, activity and competence in physical activity. The wide range of sports and activities offered help to promote healthy lifestyles and provide opportunities for pupils to be physically confident and excel in competitive sport. We encourage pupils to show respect and show fairness. PE is monitored through use of assessment, observations, pupil, staff and parent questionnaires. This is to ensure there is consistency and high quality lessons are taught. Engagement at after school clubs is monitored to enable us to identify and target the least active pupils.

How the Heathfield Pledge is delivered through Physical Education

Happy, safe and confident

Confidence is developed through competence.

Making PE fun in all lessons.

Progression of skills throughout school.

Risks assessments up to date to ensure safety.

PE policy regularly updated.

Eager to learn

Fun and engaging curriculum.

Competition both inter and intra.

Sequences of lessons to build up on skills.

Aiming high

Self-improvement

Competitive sport inter and intra school

Tri best challenge

Sports days

Staff CPD

Network meetings

Certificate in PE specialism

Sport ambassador training

Taking care

Warming up and safe setting up of equipment

Following the rules when playing sport and be safe.

Healthy attitudes

Metacognition super powers – resilience, reflectivity, resourcefulness, reciprocity

Mental health and well being days

Healthy eating

Hydration

Fitness and impact of physical activity in all areas

Change 4 life program sports ambassadors with less active Y3

Daily Sheriffs challenge run

Healthy hearts program through Trent Cricket community

Move and learn project Notts County

Imoves / go noodle daily activity blasts

Work with Brighter Futures mentor program

Focused on enrichment

Representing the school at sporting events and competitions and festivals

After school club activities – range of sports / activities

Sports days

Out of school activities

Residential and out of school activities – Yr1 – late night, Y2 – Hathersage, Y3 – Whitby, Y4 – PGL and camping, Y5 – York and Y6 London

Football team

Regular school trips in all areas

Including everyone

Inclusive lessons

Inclusion festivals and competitions.

After school activities

All year 5 KD young leaders training

Young leaders for yr 5 & 6 at SR

Pupil voice

Sport council

Environmentally aware

Community links – Trent cricket ground, Notts County, Pythian Boxing club, Nottingham Forest in the community, Nottingham Panthers, Summers in Time dance school

Transition events with secondary schools,

Work with staff from Ellis Guilford

Living in harmony

Team work

Team / paired sports

Competitive sport

Healthy competition

Developing global citizens

Sports ambassadors

Competitions / festivals with other schools county and city wide

Embedding skills of respect, honesty, passion, determination, teamwork and self-belief.

How does Physical Education link to other subjects?

PE links to all subjects as it teaches children to use their metacognition skills of being resilient, resourceful, reflective and reciprocal. It also teaches communication skills and aiming high.

What can Physical Education inspire children to be in the future?

PE can inspire children to be fit and have healthy attitudes. PE provides children with lifelong skills and attitudes. It will help ensure they are team players and can work together. They may be inspired to continue to play sports and even reach competitive level.