

## Curriculum/Planning:

We believe Physical Education provides children and adults with a perfect opportunity to live and breathe our school vision – Love, Live and Learn together. We are constantly faced with new challenges and we strive to be the best version of ourselves through displaying key values.

We provide a high-quality physical education curriculum, which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Providing opportunities to compete in sport and other activities builds character and helps 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.

## 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

## Key stage 2

Pupils will 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 and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- 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.

## Beyond KS2

Through PE, we motivate children to be inspired through our curriculum, extra curricular activities, sporting competitions and links with our local sporting community. We want children to live through these experiences to become physically active and live a healthy lifestyle. We want every child to leave Bolton-on-Swale with a good level of Physical Literacy: motivation, confidence, physical competence, knowledge and understanding for lifelong participation in physical activity, with the hope of becoming successful sports people.



## Swimming and Water Safety:

We provide swimming instruction in both key stage 1 or key stage 2. We feel that this is an important life skill, and also being so close to many open waters and fast flowing rivers.

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
- perform safe self-rescue in different water-based situations.

## Planning

- At Bolton-on-Swale we use **Complete PE** to guide and structure our planning.
- Units of learning have been carefully selected alongside the National Curriculum, Skills Progression Document, Pupil Voice/Interests and context to our school and the community around us.
- As part of our scheme of learning, there is a clear focus on healthy activity, participation and fitness. These sessions are embedded within our curriculum so that children engage with them and are able to regularly demonstrate endurance. There is also a clear link made to leading a healthy and active lifestyle and how that can support children in PE and Sport.
- We also plan in wider opportunities into our curriculum, where children have the opportunity to try new sports and apply key skills and knowledge.
- We have a yearly athlete visit as part of our YST Trust Membership.

## EYFS:

- Motor competences and fundamental movement skills are taught and developed from EYFS
- These specific PE lessons are in addition to and in support of some of the physical development early learning goals. Children's fundamental movement skills then progress through school, following our knowledge progression statements
- Children are provided with opportunities to explore and develop their fundamental movement skills (balance skills,. locomotor skills and ball skills.
- Learning journeys and books allows the tracking and monitoring of work.
- Interactive and the use of visual aids promote key language.

## SEND:

- In order to be inclusive our SEND children follow the same blocks as their class. Adaptative teaching and planning is utilised.
- Children are be supported through additional adults, different resources, collaborative peer to peer learning.
- SLT, PE Lead and SEND coordinator liaise regularly with each other.

## Assessment:

- **Live observations providing children with on the spot feedback (immediate feedback).**
  - *Feedback should focus on moving learning forward, targeting the specific learning gaps that pupils exhibit. High quality feedback may focus on the task, subject, and self-regulation strategies (EEF,2017).*
  - **Teachers will use a range of questioning to deepen understanding and assess knowledge. Providing time for children to reflect on their learning.**
  - **Tracking of skills on Skill Progression Sheet**
  - **Data recorded termly on Sonar Pupil Progress Tracking.**
- SLT and Subject leader can monitor the progress of each class.*

## Extra-Curricular Activities

We provide children with a range of extra-curricular activities. Our extra-curricular activities design is based around pupil voice and the sporting competition calendar. We have also provided clubs for specific groups and children to engage them in the wider aspect of school life , for example: Gymnastics/Drama/Lego. Attendance is tracked and monitored throughout the year. Every club we provide is free to children, using the Sports Premium Funding to accommodate this. Children in KS2 also have access to North Yorkshire Sports half termly health and well bring seminars (currently run by Jenna Downing former World Champion Inline Skater).

## Sporting Competitions

We work closely with the SGO in our area, who is based at Richmond School. Children engage in a wide range of sporting competitions making sure it is inclusive for all. 100% of KS2 and KS1 (November, 2023) have attended at least 1 sporting competition so far this Autumn Term.

Attendance to Sporting Competitions is tracked and monitored throughout the year. We take pride in attending sporting competitions and this is regularly celebrated in Special Mentions Assemblies, Weekly Newsletters and Class Assemblies. We also take part in Virtual Competitions and Virtual Sporting Homework set by our SGO on Koboca.

## Professional Development (CPD)

CPD and training is provided through our SGO, Youth Sport Trust Membership and Swaledale Alliance PE lead half termly meetings.