

# The Welbeck Federation of Schools

## PHYSICAL EDUCATION

### Curriculum Intent

At The Welbeck Federation of Schools, we are proud to have a knowledge-based curriculum which equips our children with the tools they need to go on to be well rounded individuals who can make the most of all opportunities and challenges that come their way. Our curriculum is engaging, exciting and innovative, encompassing and celebrating all curriculum areas and is designed to build resilience, independence and perseverance.

Our curriculum has been designed to provide learners with the knowledge, skills and the eloquence to become responsible and effective members of the community locally and internationally and in doing so, transform life chances in a way which supports positive outcomes for our pupils.

The topics have been designed to complement and build on one another with clear progression and links so that in subsequent year groups, they will be able to explore concepts deeper, applying their knowledge in different contexts.

Our community is at the heart of our teaching and learning and topics have been selected to embrace the wider community in which we live - celebrating our history and heritage – as well as expanding children's cultural knowledge of people, places and events that they wouldn't ordinarily visit or know about.

At The Welbeck Federation of Schools we are very clear that our curriculum is underpinned by secure self-evaluation and inspires and motivates our children.

Our three key drivers are:

- To promote independence and resilience in learning
- To broaden and extend our children's understanding of the wider world
- To develop the communication skills of our children

These three aspects are at the heart of our curriculum and as the long term plans show, they help us to focus on key skills in all subjects, as well as covering the full content as outlined in the National Curriculum.

The Why ...

#### 1. Knowledge frees up your brain's capacity for thinking

Cognitive scientists have found that our brain works at different speeds, depending on whether we have learned something already, or whether we are relying on "working memory". Working memory is new information you can keep in your head and is very limited (holding between three and seven pieces of new information). That is why learning your number bonds by heart is useful. Completing more complex calculations is made simpler if knowledge of number bonds is already 'locked in'.

#### 2. We learn new things by connecting them to old things

The way in which the brain stores new information, and makes inferences and discoveries, is by connecting to existing stored knowledge (schema). You cannot have skills without knowledge, because you cannot evaluate something you do not know anything about. You also cannot come up with new ideas without jumping off existing ones.

## **Policy context and rationale**

This policy covers our school's approach to the teaching and learning of Physical Education. It was produced by the subject leader in conjunction with the staff.

It has been shared with and approved by the Governors.

## **Policy availability**

Parents and carers are able to view the policy on the school website.

A paper copy is available in school.

If a copy is required in any other format then please contact the school office.

## **INTENT**

Our school aims to inspire all children to develop a love of physical activity and sport. Through good physical education, whole school values and a whole child approach, we aim to nurture confident, resilient children who will strive for their personal best. We listen to our children's wants and needs and provide them with a range of active experiences and clubs. We want to aid our children in obtaining the values and skills to celebrate and respect the success of others, as well as modestly celebrating their own successes.

We aim to ensure that our delivery of physical education allows all children to have the skills and mindset to leave primary school with the capabilities to be successful in their sporting challenges and active lifestyles at secondary school and beyond.

We strive to educate both our children and families to develop a greater understanding on how to live healthy lifestyles and make healthy choices. We are dedicated to ensuring healthy minds, as well as bodies and will continue to support our children's well-being. We have strong links with local clubs and partnerships within our community to ensure the children and families receive the support and knowledge they need.

At Netherfield and Eastlands we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. We intend to deliver high quality teaching and learning opportunities that inspire all children to succeed in PE and in developing life skills. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children, not only through the skills taught but also through the underpinning values and disciplines PE promotes.

## **IMPLEMENTATION**

- PE at Netherfield Infants and Eastlands Junior School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance and outdoor, adventurous activity.
- The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities. Lunch time sports clubs are available throughout the week and children can attend after school sport clubs.
- Children are invited to attend competitive sporting events within the local area supported by MSSPO. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- Children participate in workshops covering a variety of sports throughout the year. For example balance bikes, dance workshops, Paralympic workshops, again providing the children with an opportunity to develop, improve their fitness and to try something new.
- We have launched the "Daily Mile", which helps meet the government target of all children being active for at least 60 minutes a day and children regularly have brain breaks during their school day.

## **Ensuring continuity and progression in learning**

To ensure continuity and progression for all children, the curriculum is carefully organised from EYFS to Year 6 to ensure that our children's knowledge, understanding and skills of PE develops. The knowledge organisers produced for each Key Stage 1 and 2 PE unit make explicit the sticky knowledge and vocabulary expected for each topic. A knowledge progression grid has been created to use alongside each topic to show progression through the year groups.

## **IMPACT**

The subject leader will oversee planning and monitor children's work through learning walks, talking with the children about their learning (pupil voice), looking at Tapestry observations made of Foundation Stage children and looking at the GetSet4PE assessment tool.

Our teachers assess the children's work in PE, both by making informal judgements, as they observe them during lessons, and through assessing against the specific objectives set out in the National Curriculum and recorded using the Get Set 4 PE assessment software. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage. Teachers are supported with resources to know how to prepare children for their next phase of education.

These resources include the Get Set 4 PE progression of skills document, progression ladders and knowledge organisers.

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness. We equip children with the necessary skills and a love for sports. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.