



To Care

Physical Education AT PICKERING COMMUNITY JUNIOR SCHOOL



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INTENT: At Pickering Community Junior School, we work together to ensure that all children are provided with the learning opportunities to engage in Physical Education. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed and excel in physical activity and in developing their lifelong relationship with physical activity. We will ensure that all children develop not just physical skills but build confidence and resilience as well as how to cooperate and work as a team, understand fairness and equity of play to embed life-long values and enjoy being active. Our curriculum is designed to improve wellbeing and fitness of all children within the school environment through development of fundamental movement skills, improve agility, balance, and coordination, and learn how to apply these skills across a range of sports and physical activities. We also aim to instil values such as fairness and respect, and to help pupils understand the importance of leading healthy, active lifestyles for lifelong well-being.

IMPLEMENTATION:

Skills

- Cognitive
- Creative
- Social
- Physical
- Health and fitness
- Personal

Knowledge and Understanding

- Running, jumping, throwing and catching
- Playing competitive games
- Develop flexibility, strength, control and balance
- Perform dance using a range of movements
- Team and individual challenges
- Outdoor adventurous activity

- Health and fitness
- Rules and tactics
- Skills development
- Teamwork and communication
- Safety and preparation

Swimming

- Swim competently, confidently and proficiently over 25m
- Use a range of stroke effectively
- Perform safe self-rescue in different water-based situations.

IMPACT:

By the end of Key Stage 2, our pupils will have all received a broad and balanced PE curriculum through PE lessons, enrichment opportunities and external providers. They will demonstrate secure fundamental movement skills, the ability to apply these in different sports and settings and a strong understanding of how to lead a healthy active lifestyle. Pupils will show resilience, teamwork, and sportsmanship, applying rules and strategies with fairness and respect. Through regular opportunities for physical activity, competition and self-improvement, children will leave KS2 with a positive attitude towards physical education and the knowledge and motivation to remain active for life.



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PHYSICAL EDUCATION PEDAGOGY ON A PAGE



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PE Supporting Aspects

Cultural Capital

- Sports Day
- Visit from athletes
- Extra-curricular clubs
- Sporting competitions
- External providers – SCSS, Chance to Shine
- Celebration of global events
- Assemblies
- Sports leaders

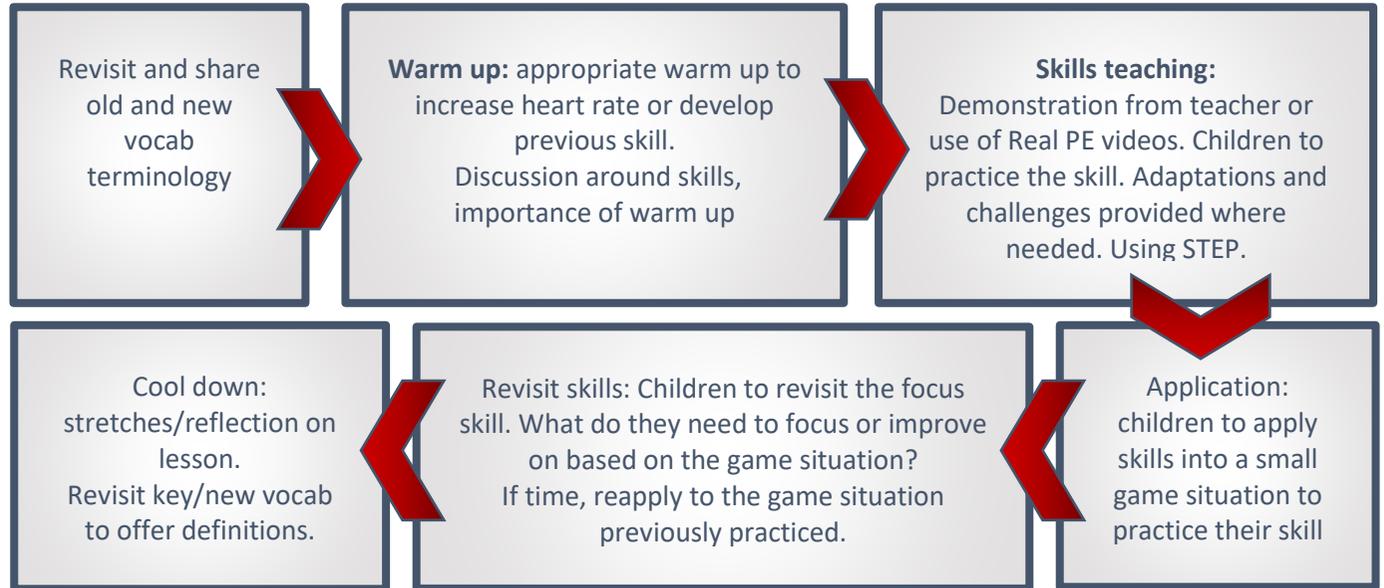
School/British values and SMSC

- School values and Real PE Cogs are referred to throughout all PE lessons
- Team work and collaboration in peer support.
- Voting for house captains, sports leaders etc.
- Understanding and following rules in games.
- Inclusive activities that celebrate different cultures and activities.

Learning outside the classroom

- Swimming lessons
- Inter-school competitions
- Sports day
- Potted sports
- External provider
- Sporting visitors

Physical Education Lesson structure and pedagogy



Core Principles to support the Physical Education Pedagogy

- Children recognise the importance of physical activity in leading a healthy lifestyle and we promote life-long love of physical activity.
- Learning is progressive and sequential, providing the opportunity to experience different sports.
- All children are involved in every PE lesson with appropriate adaptations made and alternative roles provided.
- Prioritise learning by doing – maximize the time spent on physical activity during lessons. Children to be physically active **most** of the lesson.
- Real life sporting role models provided through discussion in classes, newsletters and visitors.
- Cross curricular links are made where appropriate.
- Children and teachers evaluate and are reflective in their practice and performance.