
PHYSICAL EDUCATION



PORTSWOOD PRIMARY SCHOOL

KEY INFORMATION

PHYSICAL EDUCATION INTENT



At Portswood Primary School we strive to **engage** all pupils in physical activity, and to be **confident** in developing new skills whilst building a **passion** for Physical Education.

PE is an **engaging** and **inspirational** subject that encourages **active learning** and a **healthy lifestyle**. We believe that developing a mastery of skills that can be transferable enables **self-confidence** and **creativity**, which in turn fosters a sense of **pride** and **achievement**.

Our aims for PE, reflect the aims of the national curriculum. 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.

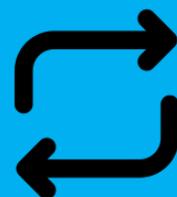
Our units provide a **broad, enriched, high quality** curriculum that teaches the necessary skills for basic movements such as **running, jumping, throwing** and **catching**. This progresses into further development with their **balance, agility, technique** and **co-ordination**. The curriculum then provides opportunities to compete in sport and other activities to build **character** and help to embed values such as **fairness** and **respect**. This is further encouraged through participation in sports fixtures and extra-curricular activities.

Pupils at Portswood Primary School experience a range of sports and activities, ranging from team games to dance. They have been provided with imaginative teaching methods that encourages a **'can do' attitude** when faced with **adversity**. Pupils should be aware of the importance of being **healthy** and **active** throughout their lives.

PHYSICAL EDUCATION IMPLEMENTATION



Long term curriculum planning, for Physical Education is created so that the pupils develop fundamental movement skills and become increasingly competent and confident in these. The LTP enables the pupils to use these skills in different ways and enjoy communication, collaborating and competing. The LTP matches the aims set out in the Primary National Curriculum.



In each unit of planning pupils will be taught:



Skills



Vocabulary

They will also be given an opportunity to:



Practice



Application

These skills are supported by strands within the curriculum which allows pupils to retain and build upon previously learned skills.

These strands are:



Athletics



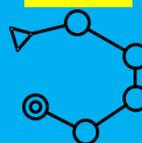
Dance



Gymnastics



Games



Outdoor and Team
Games



Swimming

PHYSICAL EDUCATION IMPLEMENTATION



Whole School provision for Physical Education:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R		Balancing & travelling	Multi-skills	Multi- Skills	Athletics	Gymnastics
Year 1	Ball Skills	Hockey	Football	Striking and Fielding	Athletics	Orienteering
	Penguin Dance	Gymnastics	Then and now dance	Team Games	Irish Dancing – Rhythmic	Cricket
Year 2	General Games	Football	Tennis	Cricket	Athletics	Hockey
	Weather Dance	Country Dancing	Gymnastics	Puppet Dance	Volleyball	Cheerleading
Year 3	Handball	Create a Game	Rugby	Basketball	Rounders	Orienteering
	Gymnastics	Circuits	Greek Monsters/ Heroes Dance	Greek Olympics	Rhythmic Gymnastics	Athletics
Year 4	Tennis	Hockey	Football	Volleyball	Netball	Athletics
	Team Games	Country Dancing	Antarctic Dance	Gymnastics	Swimming	Swimming
Year 5	Hockey	Handball	Rugby	Basketball	Cross Country	Rounders
	Gymnastics	Holes narrative Dance	Haka Dance	Basketball Dance	Circuit Training	Orienteering
Year 6	Tennis	Football	Rugby	Netball	Cricket/ Rounders	Athletics
	Gymnastics	Dances through the Century	Rhythmic Gymnastics	Real PE 1	Real PE 2	

There should be an emphasis on the teaching and modelling of appropriate skills and vocabulary in order to develop competence in physical activity.



Safety and PE:

Pupils will have had appropriate modelling and discussion of how to use/ hold equipment before partaking in physical activities.

Pupils will be aware of the importance of leading a healthy and activity lifestyle. This includes warming up before any physical activity and the teacher will ensure that this occurs before any lesson.



PHYSICAL EDUCATION

Key strands: Gymnastics

IMPLEMENTATION



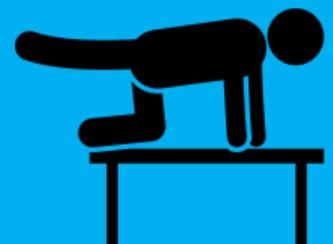
Key stage 1:

Pupils are taught to develop basic movements including **creating shapes, balancing, moving and jumping**. They practice these skills before creating **simple sequences** of different movements.

Key stage 2:

Pupils are taught to develop movements including **creating shapes, balancing, moving and jumping**. These are applied in different contexts, such as rhythmic gymnastics. Pupils develop their **flexibility, strength, control and balance**. They practice these skills before **collaboratively** creating and performing **sequences** of different movements. Finally, they **reflect and comment** on performances.

The curriculum has been designed so that each year group will experience at least one gymnastic unit each year. Revisiting gymnastics allows pupils to revise, refine and develop further skills within the unit.



PHYSICAL EDUCATION IMPACT



At Portswood Primary School we pride ourselves on providing high quality resources so that children are able to participate and learn key skills in Physical Activity.



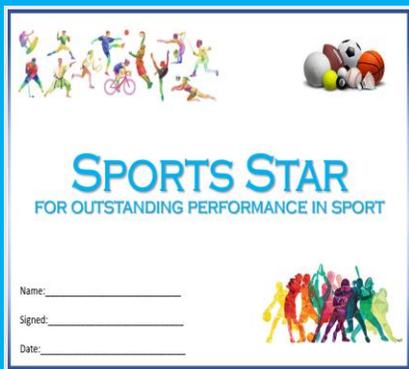
Children are enthusiastic, eager and passionate about PE. When talking with Upper Key Stage 2 children, they will often talk about memorable units from previous years. PE and games topics give children the opportunity to work on different sets of skills. For example, athletics works on basic movement such as running, jumping and throwing, whilst gymnastics develops their balance, agility and flexibility.

As different skills and units are revisited throughout key stage 1 and 2, there is progression and children build on prior skills. For example, football is introduced in Year 1 and then skills are further developed in Years 2, 4 and 6.



The quality of teaching is high. Teachers are enthusiastic and keen to teach PE. Coaches are provided to upskill and develop confidence in class teachers so units can be constantly adapted and provide the highest quality learning. As a school, we strive to link units in with other units of planning, such as Year 5 Hole's narrative dance.

PHYSICAL EDUCATION IMPACT



PE is celebrated at Portswood Primary School with a designated PE display board showing activities across the school. Once a term, there is a Sports Star for each class which celebrates effort and achievement from a pupil. We regularly share outstanding sporting achievements outside the school at celebration assembly, such as swimming certificates and trophies.



Planning for each PE unit is adapted from the MTP. The short term planning consists of 6-8 sessions which are taught weekly over a half-term period. As a school, we offer a broad range of physical activities. We ensure that the necessary skills are taught, as well opportunities to compete in competition, or perform routines, which builds character and embeds the values of fairness and respect.



PHYSICAL EDUCATION IMPACT



By the time pupils leave Portswood Primary School, they can:

- Run, jump, throw and catch in isolation and in grouped activities



- Develop flexibility, strength, technique, control and balance



PHYSICAL EDUCATION

IMPACT – PUPIL VOICE



We do PE to stay fit and healthy!

Year 2

When you exercise it releases happy hormones which put you in a good mood.



Year 5



You get the chance to learn activities and sports that you would not normally do, for example, hockey, rugby and volleyball.

Year 6

PE and games are important so that you keep moving and help become strong. They are my favourite lesson of the week.



Year 3



I have enjoyed Games lessons because I get to exercise and stretch my muscles. This also gives my brain a rest.

Year 4

