



## Curriculum Overview for Physical Education ~ November 2019

### Intent

Birkwood Primary, we have invested heavily in physical education and constantly strive to ensure that our children:

- develop the 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

We believe that physical education plays an integral part in our creative curriculum and that PE serves a lifelong purpose for our children. We advocate that PE promotes the exploration of new skills and experiences nurturing resilience, curiosity and creativity, ultimately promoting new forms of cultural capital that will serve them well in the future. We have high aspirations for our children and work hard to ensure that they are inspired to succeed and excel in all aspects of PE and dance.

Our PE and dance are both taught weekly in practical lessons both indoors and outdoors. These lessons are supported through an extensive programme of sports and PE in after school provision which runs all year round, across both key stages.

To add to this, we provide many opportunities for our children to apply their learning in competitions across all sports and physical activities.

We believe this provides children with the generic skills, knowledge and understanding that they need to become physically literate, and at the same time develop socially through promoting leadership and team work skills in and out of school. We also believe in the development of PE and dance specific vocabulary in lessons that is structured and age appropriate- linking the theory where appropriate. Our physical education and dance enthuses and inspires pupils to participate fully and develop a life-long love of physical activity, sport and exercise that many of our children use as a stepping stone to a range of out of school clubs and teams - with some excelling at local and county level.

### Implementation

We have a carefully mapped out program that ensures every child has the best opportunity to succeed in physical education and dance.

We strive to ensure that sufficient time is given in order to enable pupils to meet the expectations set out in the programmes of study, ensuring that the curriculum is coherent and shows progression.

All children receive a minimum of two hours of physical education lessons per week. Throughout the year, all children have the opportunity to take part in lessons that focus on specific skills around the different physical education units:

- Running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

- 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.

The long term overview is broken down into termly medium term plans developing skills from Year 1 through to Year 6.

In addition to physical education lessons, we provide children with extra-curricular activities all year round. There is no charge to parents/carers and provision is fully funded by school to support our children's development in all areas. These include after-school clubs and lunchtime clubs. The additional provision includes for example, football, multi-skills, dance, athletics and any other sport and activities that links to our children's needs and requirements throughout the year.

To ensure we meet swimming standards, every child in Year 3 takes part in swimming lessons (see Impact below) and completes work around safe self-rescue, in different water-based situations. Focused support groups are given additional support to children who are not yet competent swimmers and challenge is also provided for children who swim confidently and proficiently.

Throughout the year, we take part in many competitions in a range of sports, these include: football, basketball, rugby, netball, handball, netball, athletics, dodgeball and many more. These are tiered so that success in a local tournament offers the opportunity for children to qualify at county level and give children the chance to participate in competitive sport and represent our school as part of a team. We have seen over the most recent years that this has had many positive impacts on our children who have chosen to play in teams and clubs out of school.

We promote a healthy lifestyle through physical education lessons and specific health and well-being sessions. This enables all children to understand the benefits and importance of living a healthy lifestyle. This is complemented by regular visits from sports coaches and inspirational people. We participate in various local authority initiatives promoting healthy living, such as Walk to School Week and Healthy Eating Week, Daily Mile and cycling events.

We place a big emphasis on applying skills through intra- school competitions. We hold two whole school events every year, the Pentathlon and Sports Day. They allow our children to compete and express themselves through PE and Sports whilst creating a link with parents by inviting them to support the events. During the Pentathlon, children are encouraged to share their newly acquired skills with parents by visiting activity stations together. The circuit is bespoke to our school and enables our children to apply a range of sprinting, running, agility, throwing skills. Similarly, with Sports Day, we hire our local sports stadium, the home of the great Dorothy Hyman, to allow our children to experience competition as an athlete with outstanding facilities. The seating area in the stand allows parents to share this special day with their children.

At the end of the year, parents and key stakeholders are invited to participate in our End of Year Sports Assembly. During this event, an inspirational figure (previous examples include Ash Randall - Ball skills, Bruce Dyer- ex-professional footballer) is invited to perform and showcase the opportunities available outside of school. During the event, awards are given out for all whole school events, celebrating participation and excellence in all events - which is greatly received by children and parents alike.

### **Impact**

Over the last four years, our school has been recognised by Team Activ for our dedication to high quality PE provision. This award focuses on the delivery of PE, extra- curricular activities and opportunities to compete. For four years, we have been awarded Gold Status. As of this year, our application for the award has been upgraded to **Platinum**. To add to this, we are currently under review to become a PE School of Excellence.

We link PE and dance very closely to other subjects such as Maths, English and the creative curriculum.

We regularly assess our children against the curriculum objectives to track progress.  
As of 2018-19 our assessment data highlighted (See below)

<b>Meeting National Curriculum requirements for swimming and water safety 2019</b>	
What percentage of your current Year 6 cohort swim competently, confidently and proficiently over a distance of at least 25 metres? <b>N.B.</b> Even though your children may swim in another year please report on their attainment on leaving primary school.	66% (29/44)
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	59% (26/44)
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	11% (5/44)
Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming but this must be for activity <b>over and above</b> the national curriculum requirements. Have you used it in this way?	No
<b>Swimming Attainment for Year 3 pupils 2018</b> (40 children)	
<b>Week 1:</b> 22 x non-swimmers, 8 x 5-10 meters, 3 x 11-24 metres, 7 x 25 metres + <b>Week 15:</b> 7 x non-swimmers, 5 x 5-10 meters, 9 x 11-24 metres, 19 x 25 metres +	
<b>Swimming Attainment for Year 3 pupils 2019</b> (45 children)	
<b>Week 1:</b> 29 x non-swimmers, 9 x 5-10 meters, 4 x 11-24 metres, 3 x 25 metres + <b>Week 15:</b> 11 x non-swimmers, 10 x 5-10 meters, 6 x 11-24 metres, 17 x 25 metres +	

**Attainment 2018/19:**

Year group/Number of Pupils: <b>YEAR 6</b> 43					
No/% children Wt	No/% PP children Wt	No/% children Exp	No/% PP children Exp	No/% children GD	No/% PP children GD
7 (16.83)	4(17.4%)	36(83.17)	19 (82.6%)	0	0
Year group/Number of Pupils: <b>YEAR 5</b> 46					
No/% children Wt	No/% PP children Wt	No/% children Exp	No/% PP children Exp	No/% children GD	No/% PP children GD
3(4%)	1(5%)	43(96%)	19(95%)	0	0
Year group/Number of Pupils: <b>YEAR 4</b> 43					
No/% children Wt	No/% PP children Wt	No/% children Exp	No/% PP children Exp	No/% children GD	No/% PP children GD

6 (14%)	6(19%)	37(86%)	22(81%)	3(7%)	27%()
Year group/Number of Pupils: <b>YEAR 3</b> 44					
No/% children Wt	No/% PP children Wt	No/% children Exp	No/% PP children Exp	No/% children GD	No/% PP children GD
6 (37%)	8 (20.5%)	30 (70%)	10 (63%)	(0)	(0)
Year group/Number of Pupils: <b>YEAR 2</b> 43					
No/% children Wt	No/% PP children Wt	No/% children Exp	No/% PP children Exp	No/% children GD	No/% PP children GD
3(14%)	3(6.9%)	39(91%)	19(86%)	0	0
Year group/Number of Pupils: <b>YEAR 1</b> 43					
No/% children Wt	No/% PP children Wt	No/% children Exp	No/% PP children Exp	No/% children GD	No/% PP children GD
3(7%)	2(18%)	40 (65.1%)	9(92%)	2(4.65%)	0

### Summary Outcomes

Children have access to two hours high quality PE and dance every week by a specialist dance and a specialist PE teacher both with many years of experience. This provides them with many opportunities, including:

- Develop physically and socially
- Develop creativity in a range of different environments
- Express themselves through dance and the arts
- Develop confidence and perseverance to try new things
- Understand how to lead a healthier lifestyle
- Develop a love for sport and PE that leads into out of school provision
- Develop and support strong mental wellbeing

### Areas for Action

- To promote a wider range of children to undertake after school provision
- To achieve Platinum status for PE and Sport
- To complete application to become School of Excellence
- To increase the diversity of provision available (CPD for staff)
- To promote participation in competition in and out of school
- To create stronger links with registered clubs and groups