



Subject Information:

# Physical Education at Oxenhope C of E Primary School

# How we teach PE at Oxenhope C of E Primary School

## Subject Intent

### What do we want to achieve with our PE curriculum?

Through our PE curriculum, we equip our children with the ability to gain new skills encouraging practicing and a willingness to use learnt skills in different sports and activities. Our PE curriculum gives children the chance to become excellent young leaders, organising and officiating and evaluating what needs to be improved on. A healthy lifestyle is vital for children and we teach that through making healthy choices children can live healthy lives both physically and mentally. We instil an interest and passion in children about physical fitness and challenge them to push themselves to encounter competitive events.

Our approach to PE and events ensures that learners are consistently given opportunities to develop their personal strengths and qualities, to build character and to make links and put into action the school's core value of 'love', through key themes integral to sport and competition such as fairness and respect.

All children are supported in taking part in physical education at Oxenhope and our curriculum offers a wide variety of experiences to ensure that we meet the interests and talents of all our children.

We believe that sporting events and competitions support children's emotional wellbeing. Being involved in a competition opens up opportunities to feel success as well as failure. We believe that allowing children to experience these emotions in a safe and supported place ensures that they can be given the skills and strategies to strive for personal best, to try again, to push against adversity and to succeed.

Development of self-esteem and reliance runs through our PE curriculum to ensure that all children have the confidence and the drive to take part.

## Subject Implementation

We have created a curriculum which weaves together fundamentals of spatial awareness and movement, alongside key skills and understanding within the key areas of athletics, dance, gymnastics, invasion games, striking and fielding, outdoor and adventurous activity and swimming. We use **PEplanning.org scheme of work which provides all the planning needed to teach the lesson.**

As our learners move into KS1, they build on the physical development experienced in the Early Years and start to develop their core movement, become increasingly physically competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, working individually and with others. They are encouraged to explore movement imaginatively, responding to a range of stimuli, including music, plus express and communicate ideas with feelings. As our children acquire further knowledge and a broader range of skills, they are given opportunities to use these in different ways and using different resources. Learners are taught to use a range of movements, such as running, jumping, throwing and catching in isolation and in combination. They are given many opportunities to engage in competitive (both against ones-self and others in school) and co-operative physical activities, in a wide range of situations. Our curriculum in KS1 sees the introduction of water safety education: where learners start to find out about the potential dangers of water, places where they might encounter water, and how they should conduct themselves in these types of environments.

In KS2 our learners continue to develop a broad range of knowledge and skills, they are given opportunities to use them in different ways, in different sports and physical activities. Our learners create and perform dances using a range of movement patterns, including those from different times, places and cultures, alongside a range of stimuli and accompaniment. Through all sporting disciplines flexibility, strength, technique, control and balance are developed. Learners in KS2 develop an understanding of how to succeed in different activities and sports and learn how to evaluate and recognise their own success and areas for improvement. Learners are given many opportunities to engage in small sided competitive games (both against ones-self and others, in and out of school) and co-operative physical activities, in a range of increasingly challenging situations.

All KS2 learners develop their knowledge and understanding of safe practice around areas of water. Year 5 receive swimming instruction to swim competently, confidently and proficiently, as well as using a range of swimming strokes effectively, plus they gain practical skills in performing safe self-rescue in different water-based situations. Children in Year 4 and 6 take part in residential outdoor and adventurous activities that challenge them both individually and within a team. Our learners in KS2 develop their knowledge and understanding of the importance of communication, collaboration and decision making (individually and collectively) as a life skill. A program of 'Play Leaders' is followed in Years 5/6 and this gives our learners knowledge and practical skills in leading groups of young children in sport and physical activities.

KS2 children can also become involved in Bike Ability which supports their knowledge and understanding about riding a bike safely, as well as developing their riding ability.

At Oxenhope we also run outdoor learning which is based on Forest School. Forest Schools offer a unique educational experience using the outdoor environment of the forest as a classroom. Forest Schools develops:

- Confidence: children had the freedom, time and space to learn and demonstrate independence

- Social skills: children gained increased awareness of the consequences of their actions on peers through team activities such as sharing tools and participating in play
- Communication: language development was prompted by the children's sensory experiences
- Motivation: the woodland tended to fascinate the children and they developed a keenness to participate and the ability to concentrate over longer periods of time
- Physical skills: these improvements were characterised by the development of physical stamina and gross and fine motor skills
- Knowledge and understanding: the children developed an interest in the natural surroundings and respect for the environment

All our children have one afternoon or morning a week engaging in a Forest Schools activity. This adds to the physical education experiences the children receive at Oxenhope.

The children are timetabled for 2 1 hour lessons per week which highlights how highly we prioritise PE.

At Oxenhope we offer a wide range of extra-curricular sporting opportunities such as dance, running, cross country, multi-skills, gymnastics, karate, table tennis and rounders. We also offer open opportunities to join cross school competitions over the year as well as running our own school based sporting events. These are open to all children at all abilities. We encourage all children to experience at least one competitive sporting event during their time at Oxenhope. Where required, lessons and resources are adapted to ensure that all learners are included and can access the whole PE curriculum.

### Subject Impact

Learners will:

- know more, remember more and understand more about PE
- Children will enjoy PE, physical activity and sport and will seek additional extra-curricular activities both school and external to school related.
- Participate enthusiastically in PE lessons, with participation levels at 100%
- Benefit from improved wellbeing and fitness, not only through the PE and sporting skills taught, but through the underpinning values and disciplines this area of the curriculum promotes.
- Be motivated to utilise the skills, attitudes and values taught in school both effectively- either independently or collaboratively- to help them live happy and healthy lives within the community.
- The majority of learners will achieve or exceed age related expectations in PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Movement Development	Working with others	Fun and Games Me and Myself	Dance	Throwing and Catching	Ball Skills Fitness
Year 1	Gymnastics Tag Rugby	Dance Hockey	Fitness Handball	Athletics Netball	Rounders Cricket	Football Orienteering
Year 2	Tag Rugby Gymnastics	Cricket Hockey	Handball Fitness	Dodgeball Football	Cricket Athletics	Orienteering Rounders
Year 3	Hockey Gymnastics	Fitness Netball	Basketball Dance	Football Tag Rugby	Athletics Rounders	Orienteering Cricket
Year 4	Fitness Dance	Hockey Tag Rugby	Dodgeball Gymnastics	Football Netball	Athletics Orienteering	Rounders Cricket
Year 5	Swimming - learn to swim 25m. Learn safety and rescue. Use different strokes.			football	Cricket	Rounders
	Gymnastics	Basketball	Dance	hockey	Athletics	Orienteering
Year 6	Rugby Gymnastics	Basketball Handball	Football Dance	Netball Dodgeball	Athletics hockey	Orienteering rounders