



Physical Education and Outdoor and Adventurous Learning at Oxenhope C of E Primary School

We provide the rich soil allowing children to flourish and develop deep roots. We nurture **growth**, enabling children to thrive as our Christian values blossom in their lives. We cultivate a sense of pride in our rural **community** where children are **loved** and valued.

May our children flourish in their youth like well-nurtured plants. Psalm 144 v 12.

Throughout our curriculum and school life, along with our school vision, these three golden strands permeate through everything we do.

Community

Jesus often spoke of unity in our communities and encouraging one another on our journey. He spoke of bearing each other's burdens in love and helping those in need.

'Live in harmony with one another.' Romans 12 v 16



Love

It says in the Bible that God is Love and encompasses all that is loving and good. Jesus showed the ultimate unconditional love when he laid down his life for us on the cross. Therefore, this love should lead to a desire to love other people.

'Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us.' Ephesians 5 v 2



Growth

Just like a plant, we must endure the difficult times along with the good; but God has sent us his Holy Spirit to help and strengthen us so we can bear fruit and grow in the likeness of Christ.

'Grown in the grace and knowledge of our Lord and Saviour Jesus Christ.' 2 Peter 3 v 18



PE Oxenhope

Intent:

We aim to inspire all children and for each child to flourish within physical education. We want the children's experience of PE to be positive and motivating. PE enables pupils to become physically confident. This supports their health, wellbeing and fitness and provides the foundations for lifelong activity. We want them to succeed and excel in competitive sport and physical activities. We offer all children chances to compete in sport and other activities. This helps them build character and learn values such as fairness and respect. Through PE, we develop the children's knowledge, skills and understanding. They build confidence and competence in a range of activities.

Implementation:

- PE at Oxenhope C of E Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
- 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.
- Oxenhope C of E Primary use Live Active as a scheme of work and CPD for staff.
- 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 and lunch-time activities.
- Children are invited to attend competitive sporting events within the local area. 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 in year 4 and year 6 take part in outdoor and adventurous activities these include, walking, high-ropes, caving, tree-climbing, canoeing, kayaking and orienteering.
- Children in Year 5 swim once a week for 10 weeks during the Autumn and Spring Term.
- We are soon to launch a small group of children to become Sports Leaders for the school. They will develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.
- We are further developing our outdoor learning provision working with external professional to offer a quality experience for the children in the outdoors.
- PE features in our health and wellbeing offer for children throughout the school. We use PE within our nurture resources to support children with SEMH needs.

Impact

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, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

Year Group	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Reception	Multi-skills – ABC - 1	Multi-skills – ABC - 2	Multi-skills – ABC - 3	Team building	Sports day preparation	Competitive Play
Year 1	Multi Skills: Balance	Multi-skills: Coordination - 1	Multi-skills: Coordination - 2	Object manipulation with equipment	Sports day preparation	Multi-skills: Games
Year 1	Dance and movement	Multi-skills: spatial awareness	Team building	Dance and movement	Multi-skills: SAQ	Multi-skills: Games
Year 2	Multi-skills: balance focus	Multi-skills: Coordination - 1	Multi-skills: Coordination - 2	Object manipulation with equipment	Sports day preparation	Multi-skills: Games
Year 2	Dance and movement	Multi-skills: Spatial awareness	Team building	Dance and movement	Multi-skills: SAQ	Multi-skills: Games
Year 3	KS2 - Multi Skills: Spatial Awareness	KS2 – Multi-skills: Coordination	KS2 - Object manipulation with equipment	Football	Sports day preparation	KS2 Multi-skills: Games
Year 3	Gymnastics	KS2 - Multi Skills: Balance	Team building	KS2 – Multi-skills: Speed and agility	Dance and movement	KS2 Multi skills: Games
Year 4	Dance	Football	KS2 Multi-skills: Coordination	Basketball	Sports day preparation	Cricket
Year 4	Hockey	KS2 Multi-skills: Spatial awareness	Team building	Rugby	Team building	Multi games
Year 5	Gymnastics	Football	Rugby	Basketball	Sports day preparation	Cricket
Year 5	Swimming	Swimming	Swimming	Athletics	Dance	Multi games
Year 6	Football	Hockey	Netball	Basketball	Sports day preparation	Cricket
Year 6	Dodgeball	Gymnastics	Dance	Rugby	Athletics	Multi games