

SUBJECT ON A PAGE - PE

At Blessed Robert, we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. .



An athlete is not crowned unless he competes according to the rules.

2 Timothy 2:5

INTENT – From our chosen scheme of work; Get Set 4PE, we aim to...

Develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle

Encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills.

Develop children's sporting skills in a sequenced and progressive manner through modelling, practising and application

Children have a choice of challenges to choose from within their lessons allowing them to achieve their own personal best.

IMPLEMENTATION – How we achieve our aims?

The Get Set 4PE scheme ensures that children, across school, are given a wealth of opportunities to develop their physical movement skills as well as achieving whole child objectives.

Children in the Foundation Stage take part in weekly PE sessions that follow the **Get Set 4PE** scheme from Nursery covering; An Introduction to PE, Fundamentals, Dance, Gymnastics, Ball skills and Team games. This helps to create a strong foundation for the learning of PE in KS1 and KS2.

Children in the **Foundation stage** are also taught discretely within the continuous provision throughout the day and through some focus activities. The children are encouraged to develop confidence in and control of the way they move, and the way they handle equipment.

Our PE lessons in **KS1** and **KS2** are planned using the **Get Set 4 PE** scheme, which aligns with our core values, our whole child approach to PE and the objectives laid out in the National Curriculum. **Get Set 4 PE** is planned so that progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school. The curriculum planning in PE is carried out in three phases (long-term, medium-term and short term). Children in Upper KS2 also have the opportunity to attend regular swimming sessions during the Autumn term. These sessions are carried out and assessed by specialist coaches.

In **KS1** and **KS2** children have at least 2 hours of quality PE sessions a week following the prescribed **Get Set 4 PE** plans. In a PE session you will see:

- Consistency in routines including an introduction and warm up, skill development and plenary
- Collaboration and opportunity for partner discussion
- Opportunities for children to work independently and together
- Opportunity for children to perform and feedback
- Subject specific vocabulary that builds on previous learning/year groups
- Progression in equipment used with year groups

KS1 and KS2 Curriculum Areas



Fitness



Striking and Fielding



Team Games



Dance



Athletics



Gymnastics



Invasion



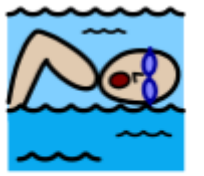
Games



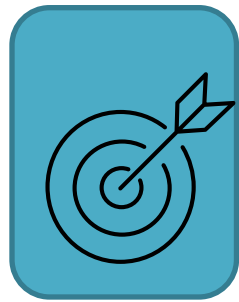
Rounders



Cricket



Swimming



IMPLEMENTATION – (continued)

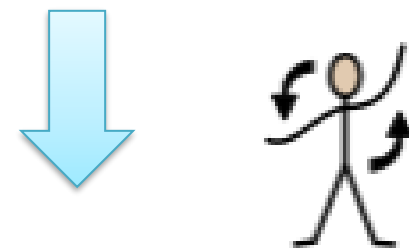


Specialist Coaches



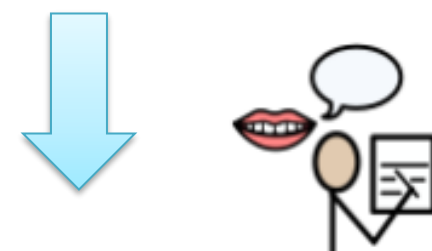
Sports Coaches are used to enhance PE sessions for all children from EYFS to KS2. These coaches provide specialist support and CPD in Dance, Yoga, Gymnastics, Multi-Skills Sports and Basketball. This ensure teachers are upskilled and are confident when teaching PE

Daily Movement



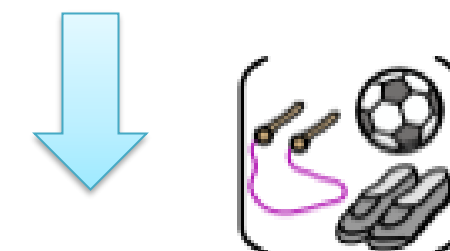
We offer many opportunities for children be active outside of weekly PE sessions. Lunchtime provides the opportunities for children to be active during OPAL sessions; teachers also build in daily brain breaks and a K a day to ensure children are focused throughout the day.

Vocabulary



Vocabulary used in PE sessions is consistent across year groups and any new vocabulary is explained. Children are expected to use this vocabulary in PE sessions and when talking with the PE Lead. They use the vocabulary to reflect evaluate their performances.

High Quality Equipment



Staff and Specialist coaches have access to a variety of resources that are stored centrally. Resources are audited regularly to ensure children have access to the best quality provision. Staff model how to use the equipment to the children to ensure that they are using it safely and correctly.

Wider Sports Opportunities

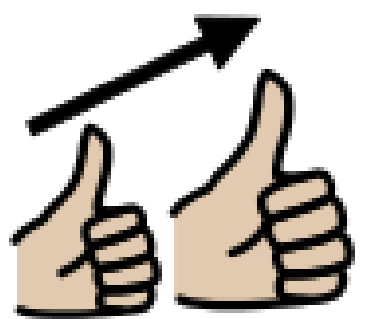


The school provides a wide range of PE-related activities for children from FS2- Year 6. The school also plays regular fixtures against other local schools in both a competitive and non-competitive form. This introduces a **clear competitive element** to team games and allows the children to put into practice the skills that they have developed in their lessons

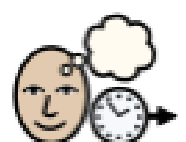


IMPACT - How will we know we achieved our aims?

Our curriculum is designed so that children are taught a variety of activities throughout their key stage and there is a progression journey through all of these. Each area of PE also has a progression ladder which shows progression from EYFS to Year 6.



High expectations, quality resources and inclusive practice ensure all pupils have the opportunity to take part in PE sessions.



Pupil and parent voice ensures after-school clubs are popular and support children's interests. SEND and PP children are encouraged and supported to take part in these clubs,



Children show positive engagement during PE sessions and are regularly motivated and challenged to improve their skills.



Children enjoy taking part competition in-school (e.g. Sports Day) and outside of school (e.g. Basketball matches) to demonstrate the key skills they have been taught.



Children are able to explain the benefits of physical exercise and a healthy lifestyle.

