

# Physical Education

## INTENT

The Acre Heads Physical Education, School Sport and Physical Activity (PESSPA) programme is part of a wider and established culture that promotes individual academic and sporting excellence. Acre Heads' values, **Belief, Determination, Resilience** and **Teamwork** are at the heart of the Acre Heads PESSPA Programme. A key reason why we invest in and value PE and the wider benefits of school sport as we believe it brings in developing the 'whole person' and developing a 'culture of success', which is central to our school culture and ethos. Experience has shown that the values our pupils develop in PE and sport carry across into their academic work. We strive to enhance the quality of life of each child through offering a comprehensive range of learning experiences. This is to meet the needs of individual pupils encouraging active participation by all as performers, coaches, observers and officials.

We believe that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. We cater for a wide range of learning experiences appropriate to pupils' experiences, ability and maturity.

We endeavour to support all pupils in the development of physical competence and self-confidence. We promote skills necessary to effectively plan and evaluate movement activities, safely and with confidence. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils to build upon a sense of achievement. The scheme aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. In Early Years and Key Stage 1, PE lessons create a movement foundation to underpin lifelong participation, enabling pupils to access a range of learning experiences which support the development of competent and confident movers. Through adapted physical activities, Years 3 and 4 pupils develop and apply a broad range of skills in different contexts, enhancing their creative, social and thinking skills in PE. They also begin to gain an understanding of the positive benefits of being physically active. Years 5 and 6 pupils learn physical, social and thinking skills through modified sport specific activities, appropriate for their age. They also develop leadership skills and are able to articulate the benefits of regular exercise.





## PE LONG TERM PLAN:

	Autumn 1	Autimns 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	EYFS Physical Development (PD) Progression Model					
	AP1: Movement & Sequences		AP1: Strength & Balance		AP1: Object Control	
Year 1	AP2: Invasion Games: (Dribble Races / Pass and Shoot)	AP2: Gymnastics: (Solo Sequence)	AP2: Dance: Party Time	AP2: Net & Wall Games: Tennis	AP2: Gymnastics: (Small Apparatus)	AP2: Athletics: Wacky Races
Year 2	AP2: Invasion Games: Benchball	AP2: Gymnastics: (Bench Sequence)	AP2: Dance: Guess the Story	AP2: Net & Wall Games: Tennis	AP2: Striking & Fielding Games: T-Ball	AP2: Athletics: Triathlon
Year 3	AP3: Invasion Games: 3 Hoop Ball	AP3: Gymnastics: (Paired Sequence)	AP3: OAA: Teamwork & Communication	AP3: Striking & Fielding Games: Chase the Batter	AP3: Net / Wall Games: Tennis	AP3: Athletics: Pentathlon
Year 4	AP3: Invasion Games: Tag Rugby	AP3: Gymnastics: Apparatus Sequence	AP3: Dance: World Showcase	AP3: Net & Wall Games: Tennis	AP3: Striking & Fielding Games: Quick Cricket	AP3: Athletics: Pentathlon
Year 5	AP4: Invasion Games: Netball	AP4: Gymnastics: Solo Sequence	AP4: OAA: Teamwork & Communication	AP4: Net / Wall Games: Volleyball	AP4: Athletics: Septathlon	AP4: Striking & Fielding Games: Rounders
Year 6	AP4: Gymnastics: Group Sequence	AP4: Invasion Games: Netball (KS2 Playground)	AP4: Striking & Fielding Games: Invent a Game	AP4: Dance: Fitness Performance	AP4: Athletics: Team Events	AP4: Net & Wall Games: Tennis

# Physical Education

Learning foci for Physical Education at Acre Heads Primary School is structured around our model: acquisition, application and analysis of knowledge, understanding and skills.

1. To acquire and apply knowledge, understanding and skills associated with fitness and health (reinforcing learning from the Curriculum for Personal, Social, Health and Education (PSHE).

2. To acquire confidence and competency for agility with the identified Fundamental Movement Skills i.e.

- **Locomotion Skills:** walking, running, bounding, hopping, leaping, jumping (height), jumping (distance), rolling, galloping, climbing, sliding, skipping, jogging, skating, swimming, swinging, crawling and dodging.
- **Stabilisation Skills:** balancing, stretching, extending, flexing, landing, floating, stopping, twisting, turning, rotating, pivoting, bending, hanging, bracing, tucking, rolling, swinging and squatting.
- **Locomotion Skills:** walking, running, bounding, hopping, leaping, jumping (height), jumping (distance), rolling, galloping, climbing, sliding, skipping, jogging, skating, swimming, swinging, crawling and dodging.
- **Stabilisation Skills:** balancing, stretching, extending, flexing, landing, floating, stopping, twisting, turning, rotating, pivoting, bending, hanging, bracing, tucking, rolling, swinging and squatting.
- **Manipulation Skills:**
  - **Sending:** pushing, throwing, bouncing, kicking, punting, rolling an object, striking an object and rolling.
  - **Receiving:** pulling, catching, stopping and trapping.
  - **Travelling with:** dribbling (feet), dribbling (hands), dribbling (stick), carrying (hands), bouncing and collecting.



3. To acquire and apply knowledge, understanding and skills associated with:

- games activities (including attacking and defending)
- athletics (including running, jumping and throwing)
- dance (including choreography and performance)
- gymnastics (including choreography and performance)
- outdoor and adventurous activity challenges
- safe and competent swimming.

4. To acquire and apply knowledge, understanding and skills associated with communication, co-operation and collaboration (across all contexts for learning in PE: athletics, dance, games, gymnastics, and outdoor and adventurous activity challenges).

5. To be able to analyse and evaluate own and others' performance in order to improve outcomes (across all contexts for learning in PE: athletics, dance, games, gymnastics, and outdoor and adventurous activity challenges).

It is intended that the curriculum offered together with an awareness of leisure, will promote a lifelong active, healthy lifestyle.



## IMPLEMENTATION

The PE curriculum is taught through the use of the Primary Steps in PE, which is in-line with the National Curriculum, and is used to aid teaching staff in their subject knowledge and planning of PE. Teachers are able to adjust and change lessons to suit the needs of their classes but the scheme provides a strong basis of what is expected in each year group.

Each class has access to two hours of high quality physical activity every week, made up of the Daily Mile, Playground Gym, Classroom Fitness and quality teaching of PE. These are either taught by the class teacher or by HLTA's who have received training and support.

Each lesson, children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills are recapped throughout, and across, the years, each time they are being built upon; allowing children to know more and remember more whilst building on terminology and vocabulary.

We offer a wide range of sporting after-school clubs run by staff. These clubs are paid for by school and they provide children with access to a wide range of sporting activities for free.

## SWIMMING AT ACRE HEADS

Swimming is an important part of our curriculum for PE. Our Year 4 pupils have two full weeks of swimming lessons in either the Autumn or Spring Term. In addition, in the Summer Term we fund additional lessons for children who have not achieved our swimming assessment milestones.

In line with the National Curriculum, the assessment milestones for swimming are:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

Our aim is for all of our pupils to have achieved these milestones before they leave Acre Heads Primary, with the vast majority of pupils exceeding the milestones.

## OPPORTUNITIES FOR OUTDOOR ADVENTUROUS ACTIVITIES

Throughout the curriculum year the pupils will experience opportunities throughout the curriculum to experience and build upon team building and problem solving activities. In addition, in Year 5 we aim to give the pupils a water activity adventure experience. In Year 6, there is an opportunity for the children to enhance their ability to explore the world around them and to process their discoveries on their own by attending a physical activity residential programme. An adventure to remember, a taste of independence, a stronger sense of belonging, a rush of adrenaline, a development of transferable skills and attributes, a breath of fresh air, a sense of achievement, a commitment to active conservation, a taste of the wild and making memories that last a lifetime. That's what the Acre Heads Residential Programme is all about!



At Acre Heads, staff members, governors, families and pupils understand that competitive sport isn't an optional extra; it is a key component in building pupils' self-esteem, confidence, the school ethos and academic excellence.

All pupils are expected to participate in intra-school sport competitions termly and the majority in inter-school sports competitions. The drive to compete and excel in sport, encouraged throughout the school, helps to shape each pupil's character, binds the school together as a whole and reinforces the drive to compete and excel academically.

Children enjoy competition. It pushes them to do better and try harder. We encourage the children to improve daily on their own records, such as aiming to run further than the day before in the Daily Mile or more repetitions on the stations in the circuits. Of course, it also carries with it the risk of defeat, but how better to prepare pupils for the setbacks that life will inevitably throw at them? Not every child can or will go on to become a world champion, but every child will experience victories and defeats. Every Acre Heads pupil deserves the opportunity to have their sporting passion identified and nurtured.

Our motivation is always striving to achieve our Personal Best. Supported by Adam Peaty - *always aim to be "Better than Yesterday"*

## MAINTAINING A HEALTHY, ACTIVE LIFESTYLE

Acre Heads Primary School is committed to promoting the health and wellbeing of its pupils and staff through physical activity.

We strive to maximise opportunities for children and all associated with the school to be physically active by promoting all avenues for activity (not just in PE lessons and through competitive sport opportunities). This includes within our curriculum, within our extra-curricular offer, across our school environment and through links with the wider community.

We are now promoting and encouraging **Active 60**: Physical Activity Strategy **30:30**, with the aim of ensuring that every Acre Heads pupil is physically active for at least thirty minutes during every school day and that no Acre Heads pupil is sedentary for longer than sixty minutes during any school day. This is being achieved in a strategic, systematic and fun way that promotes both active breaks and active learning.

These activities provide daily opportunities through active learning and breaks to improve strength and fitness through various discrete activities covers core, upper body and lower body strength using activities such as Super Movers, Active Kids

## IMPACT

Our PE curriculum improve the wellbeing and fitness of all children at Acre Heads; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. Through strong links with PHSE we promote the overall well-being and health of each child through teaching about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness.

In all classes, children possess a wide range of physical abilities. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. Children at Acre Heads make excellent progress in PE and are eager to attend after school clubs and competitive sports events.