



# PE at Cropwell Bishop Primary School



PE forms an important part of our curriculum and an essential part of a child's personal, social, emotional and physical development. Through PE we can help children develop the crucial skills and attributes required for the modern world. At Cropwell Bishop Primary School, we follow the National curriculum and a progressive school curriculum which incorporates the key elements of PE. As a school, we aim to empower our pupils to gain the knowledge, skills and enthusiasm needed to be lifelong participants in physical activity, encouraging them to lead healthy and active lifestyles. Through extra-curricular activities, we provide children with opportunities to further their experience, skills and enjoyment in a wide range of sports and physical activity. Our commitment to competition, both in and out of school, enables children to apply their skills and knowledge to excel in a broad range of physical activities as individuals and as part of a team.

## Curriculum design and sequencing of content

We teach children an engaging, progressive curriculum that is designed to develop children's physical ability, mental capacity and emotional understanding. Delivering the National Curriculum predominantly through First Grade Sports and some QCA. Our curriculum coverage for PE ensures children experience a wide range of sports and activity to keep them engaged and prepare them for KS3 and beyond, whilst ensuring they develop their skills in each strand throughout the years. All planning schemes progress throughout the year groups and build on children's prior knowledge and understanding, with links in learning across the strands. Our sequence of PE units enables skills and knowledge to be developed and applied in different ways throughout the learning journey. Progressive learning objectives through suitably differentiated and logically developed tasks, endeavour to provide a stimulating, enjoyable, and appropriately challenging learning experience for our pupils. It is intended that all of our pupils will enjoy personal success in PE and be motivated to further develop their individual potential.

Classes 1-6 take part in two lessons of PE per week, ensuring the requirements for 2 hours of PE is met. Lessons are delivered by the Class Teacher and/or our in-house Sports Coach. Class R also receive one sports coach lead PE lesson per week in addition to other Physical Development activities. Our Sports Coach liaises closely with teaching staff and has a comprehensive knowledge of the PE curriculum and the children, which ensures quality PE lessons and progression throughout.

## The Big Ideas of PE

When planning and teaching PE units, each will incorporate the key elements of PE:

- Movement
- Development of skills and techniques
- Application of skills and techniques
- Co-operation/teamwork
- Competition
- Analysis and evaluation
- Preparation for life and participation
- Health and fitness
- Tactics
- Challenge

For Years 3 and 5 this also includes swimming.

Each unit enables children to learn new skills and find out how to use them in different ways. Children develop their fundamental movement, physical skills and techniques, which are then applied as part of activities, games, sequences or performances. Children learn and apply skills and tactics, such as in games. They develop an understanding of how to succeed in different activities and learn how to evaluate and recognise their own success. Children are encouraged to describe and make simple evaluations on their own and others work, and to use their observations and judgements to improve performance. They cooperate by working in pairs or as part of a team and learn to problem solve, such as in outdoor and adventurous activities. Within

PE lessons, children learn to communicate, collaborate and compete with each other. Competition may be within tasks throughout the unit, competing to gain personal bests or against others as part of a group or team, or can be as an end of unit intra-house or class competition. Children discover their own preferences for different activities and develop positive attitudes to participation in physical activities. They learn about the benefits of exercise and healthy choices which help contribute to a healthy lifestyle.

### **Health and Well-being**

At Cropwell Bishop we understand the importance and lasting impact early physical experiences can have on lifelong participation in sport and subsequent physical and mental wellbeing. Children learn how to improve their fitness, health and well-being through knowledge and application in the curriculum during PE and Jigsaw sessions. As a school we promote positive lifestyle choices such as regular 'School Run' involvement and participation in clubs and opportunities. We have also launched a 'Wellbeing Day' which is the first day back after each half term to ease returning anxiety and promote returning excitement! These days are based around four key aspects: Be Connected; Be Active; Be Mindful and Be Mentally Active.

#### **Be Connected**

Being social with our classmates contributes to positive wellbeing. This time allows you to work together, communicate and connect with your class!

#### **Be Physically Active**

We all know exercise can be good for our bodies but it also helps our mind too! This time allows you to get moving and release those happy chemicals in your body!

#### **Be Mindful**

When we take time to be calm and relax we notice what is going on in our bodies and minds. This is an important skill for staying mentally healthy. Take time to check in with your thoughts and feelings!

#### **Be Mentally Active**

Lifelong learning keeps our brains healthy, and the sense of achievement we get from learning something new can be great for our mood.

### **Extra-curricular activities**

We provide a wide range of engaging opportunities for all pupils to enhance the PE and sports provision provided in PE lessons. Through lunchtime and after-school clubs, children can apply and further develop the skills taught in lessons, or take part in alternative sports and activities to what is on offer in the curriculum. Our clubs are run by school staff and other outside providers, which enables us to provide a wider range of activities and teaching styles to further engage pupils in physical activity and sport. Children can learn new skills or apply and refine ones already taught in the curriculum, giving them more opportunity to improve and excel.

### **Competition**

At Cropwell Bishop Primary School all children engage in regular competition, enabling them to apply their knowledge and skills to be the best they can be individually and as part of a team. Children compete in a wide range of sports and activities through intra-school or inter-house competitions within lessons or at the end of a unit. Each year, children compete in a whole school sports day, which encompasses individual competition, such as in running or obstacle races, as well as through our House "potted sports style" competition where children take part with pupils from mixed year groups from their house competing in a wide range of activities with a real focus on team work. There are regular opportunities to compete in Personal Best activities and competitive games at lunchtimes, as well as in inter-school competition through the School Sports Partnership and Equals Trust.

### **Community Links**

At Cropwell Bishop we make valuable links with the community to broaden the children's physical and sporting opportunities. Local clubs can provide taster sessions, assemblies and information for children to experience and learn about sports and activities that they can then participate in out of school. Links with clubs such as Sophie's Dance Academy, Little Wickets & Knights Basketball enable children to develop their skills and take part in regular competition. Through good community links our pupils can more easily access what is on offer beyond the school.