

### Curriculum Design & Sequencing of Content

We teach children an engaging, progressive curriculum that is designed to develop children's physical ability, mental capacity and emotional understanding. We deliver the National Curriculum through Get Set 4 PE and with support from First Grade Sports. This enables class teachers to teach progressively and confidently, ensuring the highest level of passion and delivery. All PE units progress throughout the year groups and build on children's prior knowledge and understanding, with links in learning across the strands. All classes 1-6 take part in two lessons of PE per week delivered by the Class Teacher or in-house Sports Coach. Class R also receive one sports coach lead PE lesson per week in addition to other Physical Development activities.



### 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 and participation in clubs and opportunities. Our school Wellbeing Warriors play a key role in promoting positive wellbeing across the school. They are always seeking new ways to help everyone take care of themselves and support one another's wellbeing.

### PE Leader

Our Curriculum Leader, Sam Nicholson, is responsible for developing the PE curriculum, delivering training on PE planning and teaching across the school, and for overseeing competitions and extra-curricular sports and activities.

### 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. 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 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.

### 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.

### Key Elements 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 Year 3 this also includes swimming.

### Competition

At Cropwell Bishop Primary 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 intra-house competitions within lessons and sports day. They have regular opportunities to compete in personal best activities and competitive games, as well as in inter-school competition through the Rushcliffe School Sports Partnership, Rushcliffe Football Association and Equals Trust.

### Community links

At Cropwell Bishop Primary we make valuable links with the community to broaden the children's physical and sporting opportunities. Local clubs provide taster sessions for children to experience sports and activities that they can then participate in out of school. Links with external clubs, agencies and sports charities encourage 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.