



Picknalls First School

PE Curriculum Design 2022-2023



Pupils have great opportunities to do physical education (PE), sport and learn to swim. They are offered many challenges in PE lessons. Pupils are energised by the superb range of sporting enrichment like golf, boccia, hockey, archery and more. OFSTED, January 2020.







Intent

What is on offer in our PE Curriculum, when and by whom?

At Picknalls we aim to give our children a wide variety of experiences in PE. Through different activities we promote these values, attitudes and life skills and aim to develop all rounded individuals. In order to combat growing obesity levels and support mental health and well-being, this National Curriculum subject is given very high priority at Picknalls First School.

We are dedicated to meeting the government's requirement of 1 hour of exercise a day (30 minutes in school) and 2 x 1 hour PE sessions a week.

Children will show clear progression of skills, develop and embed their learning from experienced and knowledgeable teaching staff who will ensure consistent, high quality teaching.

-  In EYFS and KS1 they will develop fundamental movement skills, becoming increasingly competent and confident. As they move into KS2 they will continue to apply and develop a broader range of skills
-  Access a broad range of opportunities to extend their agility, balance and coordination and then learn how to use them in different ways and to link them to make actions and sequences of movements
-  They will be encouraged to work individually and with others and to engage in cooperative physical activities
-  They will have opportunities to engage in competitive physical activities (both against self and against each other)
-  In EYFS and KS1 they will experience a range of challenging situations. As they move into KS2 they will develop an understanding of how to improve in different physical activities and sports
-  We will provide opportunities for pupils to become physically confident in a way which supports their health and fitness and well being

This year we are offering intervention sessions on a Wednesday morning for selected children. These will focus on different aspects and will give additional opportunities for a wide variety of children throughout the school. Pupil premium children, SEN children, gifted and talented children and many more will have access to these sessions.

Please refer to the schools PE Policy on our website.

Pupils achieve very well in PE and sport. The staff ensure that pupils develop healthy bodies and minds. The school's trophy cabinet is bursting with sporting awards. There is a fantastic range of enrichment clubs that include fitness; 'mini-minds', to support pupils' well-being; activity club for early years; playground games and more.

OFSTED, January 2020

Implementation

Picknalls First School aims to adhere to the National Curriculum for physical education which ensures that all pupils:

- 🏃 Develop competence to excel in a broad range of physical activities.
- 🏃 Are physically active for sustained periods of time.
- 🏃 Engage in competitive sports and activities.
- 🏃 Lead healthy, active lives.

Staff will continue to teach a varied curriculum to their children using a range of activities they have had access to from the previous year's cpd.

The PE leader regularly updates the team teaching file, which is an ongoing working document.

The children are being taught about the fundamental importance of health and wellbeing. Opportunities are given in the day for additional exercise to be carried out e.g. daily mile, Jump Start Johnny and lunchtime activities. Playground baskets and boxes are also available for everyone.

The PE Lead takes a very active roll within the school. Constant communication with staff and children takes place to ensure that we are delivering the best that we can.

We aim to make our children next stage ready and embed the understanding of a healthy body which will lead to a healthy life.

Impact

- 🏃 Effective continued professional development (CPD) to ensure excellent subject knowledge. Additional CPD is offered to staff where needed or requested. Regular staff meetings are led by the PE Leader and new ideas shared. This also allows for feedback and monitoring of activities being carried out
- 🏃 Pupil voice – sport leaders will continue to carry out questionnaires with a variety of children and then this has been used to inform choices of sports in the curriculum and extra-curricular clubs that we offer
- 🏃 Assessments are carried out the end of each games unit and this is used to inform the next blocks planning. Children who are above or below national curriculum expectations are also given intervention opportunities to help close the gap or to make them competition ready
- 🏃 All our KS2 children will have an opportunity for a minimum of a terms swimming lessons at local pool. Our Year 2 will also receive taster sessions during the summer term which will aid transition and help to establish water confidence
- 🏃 A strong link with many schools in the local environment has been created and our children attend a wide variety of competitions
- 🏃 As a PE Leader I work hard to provide expert and excellent subject knowledge. I have regular communication with staff and pupils and I am always striving to make this learning journey better. I thrive from the positive experiences that our children have and work hard to embed them and make them into lifelong choices

Written by Mrs Jordi
PE Lead

