



## Physical Education



### **Our Physical Education leader is Mr. Climpson**

#### **INTENT**

At the heart of our curriculum are our school curriculum drivers – Diversity, Responsibility and Opportunities. The drivers shape our curriculum, bring about the aims and values of our school, and respond to the needs of our community.

Our curriculum for physical education aims to ensure that all pupils can achieve the points below:

- Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Children take part in regular physical activity.
- All children have the opportunity to succeed in physical education.
- Children at Moat Farm are competent swimmers who understand water safety.
- Children are inspired to lead healthy, active lives and build resilience. We aim to give children different pathways into different sports and pathways to live a healthy and happy life.
- Our PE curriculum gives children the opportunity to excel within physical education and offers children opportunities to compete at different levels of competition.
- Children have the opportunity to take part in a range of different physical activities within physical education lessons and extra-curricular.

#### **IMPLEMENTATION**

At Moat Farm, we have a physical education structure that ensures every child has the best opportunity to succeed in physical education. We ensure that sufficient time is given in order to enable pupils to meet the expectations set out in the programmes of study, ensuring that the curriculum is coherent and shows progression. All children receive a minimum of two hours of physical education lessons per week.

Throughout the year, all children have the opportunity to take part in lessons that focus on specific skills around the different physical education units:

- Running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

In addition to physical education lessons, we provide children with extra-curricular activities: these include after-school clubs, dinnertime clubs and extra physical education sessions. The additional provision includes football, cheerleading, kickboxing, musical theatre with a dance focus, acro and Fun Fit.

To ensure we meet swimming standards, every child in year 4 takes part in swimming lessons and completes work around safe self-rescue, in different water-based situations. Extra sessions are planned to ensure that additional support is provided to children who are not yet competent swimmers and challenge is also provided for children who swim confidently and proficiently.

Throughout the year, we take part in many competitions in a range of sports, these include level 2 (within Oldbury) level 3 (representing Sandwell) and Boccia (tournaments for athletes with special educational needs and/or disabilities). These competitions give children the chance to participate in competitive sport and represent our school as part of a team.

As a school, we promote a healthy lifestyle through physical education lessons and specific health and well-being sessions. This enables all children to understand the benefits and importance of living a healthy lifestyle. This is complemented by regular visits from sports coaches and sportsmen/women from the local area who share their experiences and inspire our children to lead healthy lifestyles and achieve their full potential. We also participate in various local authority initiatives promoting healthy living, such as Fizz Free February, Walk to School Week and Healthy Eating Week.

#### **IMPACT**

At Moat Farm Junior School, we want our physical education provision to impact our children in the ways listed below. We want our children to become physically active pupils. In order to achieve that, our children will show the following:

- The ability to acquire new knowledge and skills in order to develop an in-depth understanding of PE.



- Children are willing to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of fitness.
- Lead a healthy lifestyle, achieved by eating sensibly and exercising regularly.
- Stay physically active for sustained periods of time and understand the importance of this.
- Have the opportunities to become excellent young leaders by organising, officiating and motivating other children to do well.
- Have a keen interest in PE and a willingness to participate eagerly in every lesson.
- Children can swim at least 25 metres before the end of year 6 and have a knowledge of how to remain safe in and around water.

We monitor the impact of our physical education provision through half termly whole school pupil perceptions, termly assessments, lesson observations and performance within local competitions.



### ***Sandwell Quad Athletics***

*5 pupils were selected to represent the school at this year's Sandwell Quad Athletics Competition. They participated in a range of sporting activities including sprint, long distance, relay, javelin and long jump. The pupils should be very proud of themselves finishing **top place** out of 7 Primary Schools and 5th out of 15 Primary & Secondary Schools combined.*



### ***West Bromwich Albion penalty shoot-out.***

*All children participating had the opportunity to take 3 penalties against one of the WBA Foundation coaches. The highest scoring child from each year group went onto the final. The overall winner of the school and the only one to score all three penalties was Daniel – well done Daniel!*