

Boutcher C of E Primary School Subject Stories Physical Education



Intent

We aim to develop our children's physical development with diverse, engaging and practical P.E. teaching. Our exciting curriculum focuses on the progression of core skills in a variety of indoor and outdoor P.E. sessions, while introducing our students to a variety of different sports. At the centre of our curriculum is a focus on the development of core skills that are applicable in a variety of sporting disciplines. A core skill-set allows the students to confidently access the different sports that the school provides in lessons, in clubs and in teams. This begins in reception with basic skills based around fundamental movement patterns, spatial awareness and co-ordination all the way to Y6 where students are focusing on applying core skills to a range of different sports. Furthermore, the curriculum is seasonally organised to reflect the weather and sporting calendar to capitalise on interest in certain sports but also the availability of indoor and outdoor space around the school. We will continue to provide our students with opportunities to become physically confident by developing their physical and mental health and a love for physical and sporting activities to achieve this.

Implementation

Our PE curriculum follows a comprehensive, wide ranging and skill-based scheme of work giving teachers expert guidance whilst still allowing them the space and scope to utilise their teaching expertise in lessons. Specifically, Early Years and KS1 focus on core skills revolving around fundamental movement patterns, spatial awareness and co-ordination using games and fun activities to teach basic skills like effective movement, throwing, catching and balancing. Introducing these skills via different games and play based scenarios and building up to some team-based activities by the end of Y2 has shown to be the most effective way to improve a child's physical ability, gross and fine motor skills. In KS2, these core skills are utilised in indoor and outdoor P.E. lessons with the introduction of invasion games, striking and batting games, net/wall games, gymnastics and athletics. Furthermore, these skills are reinforced and new skills/sports taught by a PE Specialist who attends the school every Friday and teaches each year group. In addition the whole school participates in morning exercise for 10 minutes at the beginning of the school day and the Boutcher Mile every Friday, or on another more convenient day, in Spa Park.

Impact

Children at Boutcher are exposed to wide range of different sports and activities not just main stream sports. This allows all children to be exposed to a variety of different games which allows all children to achieve success in some way and to potentially give them an opportunity to continue this success outside of school in their chosen activity. Sports teams have been started to allow children to test these skills against other children in different settings and this will be expanded to allow more children to test their skills in a competitive environment if they want to. A school Sports Day is arranged to celebrate and promote physical and mental wellbeing in an inclusive and fun way. Pupils will leave Boutcher with a varied skillset, confidence in a variety of sports and activities with an appropriate competitiveness to take to their next school. We want our children to have a love for exercise, physical activity, sport and healthy living so that they lead active, healthy lives as adults.

What can I expect to see in an RE lesson at Boutcher?

If you were to walk into a P.E. lesson at Boutcher, you would see:

- Cumulative skills progression between and within lessons.
- Each lesson has a skill that is taught and then utilised in different ways.
- Questions are used to assess physical effects of exercise, tactics and for student feedback throughout the lesson.
- Children are given the opportunity to praise and critique their and others performances, abilities and development.
- A variety of resources being used throughout the lesson.
- All children engaged, stretched and enjoying their P.E. lessons.



What do pupils say about PE?

Year 4 Child: "I really enjoy PE because we do lots of different sports and games. Lessons are fun and I don't feel under pressure to win."

Year 5 Child: "I really like PE because I get to do sports I don't do outside of school and it challenges me more than if we just did football all the time that I am already good at."

How do children's skills progress?

An example of skills progression from Reception - Year 6

KEY SKILLS	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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Health and Fitness	Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.
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What successes were there in the 2020/2021 academic year?

- Children accessed a range of different sports and activities in PE lessons.
- PE was continued during lockdown and periods of isolation.
- A school football team was started and several training sessions completed.
- A very successful Sports Day was organised and received very good feedback from children and adults.

What are the priorities for PE for 2021/2022?

- Teachers to access CPD to give them increased confidence and knowledge teaching PE.
- Competitive sports opportunities and competitions to be made available for children across the school.
- Implement different ways for children in KS2 to take part in outdoor and adventurous activities at least once a term.
- Outside agencies to provide further sporting opportunities for children at Boutcher.
- Morning exercise and The Boutcher Mile to resume.