

## Physical Education Curriculum Rationale

At Ormskirk CE we believe that our children, whatever age, culture, ethnic background or ability, should be able to develop an enjoyment of physical education and sport as they develop a wide range of physical skills and knowledge. We want them to recognise the importance of physical education for both their physical and mental well-being and take this attitude forward into adulthood. We hope that they feel comfortable in developing their own abilities and feel confident when performing in the school setting. We hope that some of them will be able to take this even further, join clubs both in and out of school and represent school in sporting events. **We are experienced in finding pathways for our children who want to belong to sporting clubs outside of the school setting and have even had children go onto compete at county and national level competitions.** We help them to embody the core values of sportsmanship into all lessons and develop attitudes that will help them in later life, attitudes like resilience and teamwork. We believe very much in INCLUSION and have a great deal of experience of creating lessons that are accessible to all.

Our PE curriculum, developed alongside the West Lancashire Sports Partnership, aims to deliver high quality physical education, set achievable personal challenges and develop positive attitudes. **To encourage and celebrate pupils, sporting achievements are celebrated in both class and whole school assemblies.**

**We work very closely with The West Lancashire Sports Partnership, taking up opportunities for highly skilled, sport specific coaches to come into school and work with classes to deliver curriculum PE, interventions, forest school, Bikability, scootering, balance bikes for Early Years pupils and extra-curricular clubs. We have a teaching staff who value physical education which enables us to offer a wide range for extra- curricular clubs, from Taekwondo to dance. We**

also have our very own 'Percy Puddle' swimming pool and two qualified swimming teachers on our staff. All children, from Nursery to year 5, swim weekly, with a block for year 6 to complete a 'deep water' swim

## Curriculum Intent

Our broad and balanced physical education curriculum, whilst covering statutory requirements, aims to develop pupil's knowledge, skills and understanding, promote a positive attitude to exercise, sport and healthy lifestyles and promote the importance of safety when working which they can take into adulthood. It provides opportunities for pupils to develop physical skills, with increased co-ordination, strength, flexibility and balance. It provides opportunities for pupils to develop the ability to work independently and to respond to others appropriately and respectfully as part of a team or in group activities, irrespective of age, gender, culture or ethnic background. The curriculum aims to provide progressive learning through stimulating, enjoyable and suitably challenging activities. Activities aim to cater for the needs of every pupil in suitably differentiated individual, co-operative and competitive situations. It is intended that tasks given at a suitable level will allow children to achieve success and be motivated to further develop their potential.

We believe in cross-curricular teaching and PE provides many opportunities to do this. We believe in developing SMSC values **and have recently completed activities about the Commonwealth , relating it to the Commonwealth Games in Birmingham.** At our school, We firmly believe in British values and their development through our various curriculum areas. In 2014, The Department for Education wrote, *'to create and enforce a clear and rigorous expectation on all schools to promote the fundamental British values of democracy, the rule of law, individual liberty, mutual respect and tolerance of those of different*

*faiths and beliefs'*. British Values feed naturally into sport therefore, we include activities that will reinforce these. We enrich pupils' time in our school with memorable, unforgettable experiences and provide opportunities which are sometimes out of reach to many children. We have outside coaches, some of whom have represented their sport at very high levels, to come and demonstrate their sports and encourage our pupils to try them out. At present, this includes archery, judo, fencing and taekwondo and in the past has even included a talk by an Olympic diver.

### **Curriculum Implementation**

Our curriculum PE focusses on teaching the six main strands of physical education stated in the National Curriculum; dance, invasion games, gymnastics, striking and fielding games, athletics and net and wall games. These are revisited year on year where pupils progressively build their skills and knowledge. **Early years pupils have a 'Wiggle and Squiggle' lesson each week which uses movement develop Fundamental Movement Skills and can also learn to ride 'balance bikes' over a 6 week period. Year 1 experience exciting Forest School skills each week. Year 3 learn and develop scootering skills over a six week period whilst Year 5 can access to level 1 and level 2 of the National Bikability scheme where they learn skills to keep them safe whilst cycling on the road. We also have a 12 week course of PE intervention aimed at targeted Year 2 children who benefit from further Fundamental Movement Skill development. Assessments over the past few years show that this is very successful.**

**ALL of the children at our school have the opportunity to learn to swim in our fantastic school pool. The pool is shallow, allowing children to develop their skills and techniques while feeling safe in the knowledge that they can put their feet on the floor if necessary. They are taught by qualified school staff who know the children well**

from teaching them in other areas. We also offer extra, lunchtime sessions for less confident swimmers.

- **The aims for our PE curriculum are:**
- To develop a range of skills which can be performed with increasing control, co-ordination and fluency.
- · To develop the ability to remember, repeat and refine actions.
- · To develop an increasing ability to select, link, and apply skill, tactics and compositional ideas.
- · To develop ability to follow rules.
- · To develop and improve observation skills and the ability to make judgements on their own and others' work
- · To develop the ability to use observations to improve performance.
- To develop the ability to challenge oneself
- · To develop an understanding of the effects of exercise on the body
- · To promote a positive attitude towards exercise and sport and the benefits they can have as part of a healthy lifestyle.
- · To develop the ability to work individually and as part of a group or team.
- · To develop leadership skills
- · To promote an understanding of safe practice and to develop a sense of responsibility towards their own and others' safety.
- To be able to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

Our teachers plan and deliver their own lessons unless they have a specialist PE coach from the Sports Partnership delivering their lessons during a particular half term. Both the PE coaches and teachers deliver

lessons based on lessons from the West Lancashire Sports Partnership which has based their plans on the Lancashire PE plans. Teachers with specialist knowledge are free to enhance the planning with their own ideas. For example, we have a specialist Gymnastics coach who is confident to teach skills and knowledge beyond those specified on the Partnership plans.

Our short-term plans are produced on a weekly basis and develop from the previous week's learning. Each class has 2 hours of PE each week with Early Years classes experiencing many more active sessions. In Years 1-5, children have one PE lesson and one swimming lesson each week. Year 6 have two PE lessons per week. **Alongside this, as a new initiative in 2022, we are including physical activities in other lessons. For example, active times tables, Brain Break walks around the room.**

### Curriculum Impact

We use both formative and summative assessment information in every PE lesson. Staff use this information to inform their short-term planning both within lessons and for subsequent lessons. More able children are challenged and less able given manageable small steps to learn.

Opportunities for more formal assessment are thorough our 'Earwig' system or **through the Sports Partnership assessment grids at the end of a unit.**

Through exposure to such a variety of sports, many children at our school are keen to join clubs and to take part in competitions held across the West Lancashire borough. **We have had access to competitions in athletics, cross country, netball, benchball, tennis, cricket, football, tag rugby and dance. Through the Sports Partnership, we also have access to festivals of different sports for less confident pupils, activities for more able pupils and activities for children with SEND.**

These activities allow our pupils to mix with children of a similar ability, be it high or lower, from other schools across West Lancashire.

Overall, our school aims to provide all of our pupils with happy learning opportunities and develop lifelong confidence and positive attitude towards physical activity.

Curriculum map (to put in)

Clubs offered

Archery, athletics, benchball, **cricket**, dross country, dance, dodgeball, fencing, football, **hockey**, judo, gymnastics, taekwondo,