



Physical Education at Lingham Primary School

Intent

At Lingham Primary, we are committed to ensuring our Physical Education and School Sport Curriculum is fully inclusive for every child. The curriculum is carefully designed to ensure all children receive a broad, balanced and adaptive curriculum using the STEP principles (Space, Time, Equipment, People). Our Physical Education curriculum encompasses the British Values, alongside our school values, with a clear focus on physical, social and emotional, thinking and healthy active lifestyles. Our learning has been carefully crafted to ensure progressive development from EYFS to Year 6.

At Lingham, we ensure pupils know and understand the significant aspects of Physical Education by building progressively from fundamental skills of balance, coordination, movement, spatial awareness, throwing and catching. These core skills are developed through a range of educational experiences including athletics, gymnastics, dance, games and swimming. Key components of creating and closing space, sending and receiving, keeping possession, tactics and strategies and linking actions are further developed through a range of sports in KS2.

Our high quality Physical Education curriculum is designed to meet the needs of the National curriculum by:

- developing high levels of physical fitness and performance,
- encouraging children and their families to lead a healthy lifestyle by eating sensibly, being aware of the dangers of drugs, smoking and alcohol and exercising regularly,
- enabling sustained periods of physical activity an understanding of the importance of this in promoting long-term health and well-being;
- encouraging children to use their initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others;
- employing imagination and creativity in their techniques, tactics and choreography;
- ensuring that children are able to improve their own and others' performance;
- allow children to adopt a keen interest in PE - a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extracurricular sport;
- ensure that our children can remain safe in and around water, swimming at least 25 metres before leaving primary school.

The development and understanding of high level vocabulary is central to our whole school curriculum and in Physical Education we strive to develop technical vocabulary relating not only to our values such as determination, tolerance, respect and aspiration but also to scientific terms including muscle groups, bones, vital organs and the impact physicality has on the body.

Implementation

Physical Education is taught on a weekly basis with lessons being driven by physical, social and emotional, thinking and healthy active lifestyles outcomes. Total PE+ scheme is used to provide lessons that allow children to learn, refine, use, be tactical and make adaptations in isolation and combined to ensure there is clear progression from FS to Year 6. TopSportability and other resources are used to ensure that teaching is adaptive with other games/activities running in parallel to the main session.

The proportion of time spent developing physical competence within each lesson decreases by Year 5/6, as the children will have already covered most of this before. The amount of time spent developing decision making skills increases to allow greater application and development of tactics and strategies. The amount of time developing social/healthy lifestyles skills remains consistent. Space, facilities, resources, equipment available and coming to school in sportswear have been carefully considered to ensure that all children are able to maximise their access a broad range of activities.

Specialised sports coaches, including those from Claremount Specialist Sports College and Rugby Tots will sometimes deliver some of our provision as CPD for staff. It is expected that whenever possible TA's should provide additional assistance within lessons. CPD is provided for any staff who are keen to support teaching, clubs and competitions as these are an asset to our provision. In addition, other external sports coaches may be invited into school to work alongside teachers, such as Wirral Athletics Club or Moreton Football Club. Links to external sports clubs are welcomed and encouraged have been known to signpost families to Warrior XC, Galaxy and Wirral Gems Netball Clubs, Everton and Tranmere Football Clubs, New Brighton and Birkenhead Rugby Clubs and Upton and Caldy Cricket Clubs.

Alongside our curriculum provision for P.E we also provide a range of afterschool provision and lunchtime interventions for different ages or targeted children. These clubs may be delivered by our PE TAs, PE lead, Teachers, Parents (DBS checked) or external coach. Pupils are consulted regularly about the provision they would like to be offered with most KS2 clubs leading to the opportunity to take part in local competition. Interventions include sensory circuits, YST Girls Active, Boys Move and Active in Mind. We also provide some "Girls Only" sessions and competitions (e.g boxercise, cricket and football), to encourage participation and an introduction to a new sport in a more familiar and informal way.

Learning in Physical Education lessons and clubs is enhanced by engaging in personal best competitions (individual improvements), class/school based competition (Level 1), inter school competitions (Level 2) and county/national based competitions (Level 3). Furthermore, inclusive festivals, school games events and sports days ensure that all children are able to participate and engage in physical activity, sport and education at a level most suited to their needs. Active playgrounds, Sport leaders, AIM Ambassadors and playground leaders which promote health, wellbeing and engagement of pupils to ensure that all pupils take part in 30 active minutes per day are a developing part of Lingham Sporting Life.

Staff CPD has been and remains a crucial element in the development of our Physical Education curriculum to ensure staff are equipped with the confidence, knowledge and skills to deliver a high quality Physical Education curriculum that meets the needs and expectations of all of our children, in line with the National Curriculum.

Impact

A variety of activities, experiences and progressively taught methods are used to ensure that the high quality planned curriculum has been delivered and understood by our pupils. The impact of Physical Education is measured by:

Assessment of standards achieved against the planned outcomes;

Pupil discussions about their learning;

Photographic and video evidence of performance in lessons.

Note taking during sessions

Termly and annual tracking of standards across the curriculum.

Analysis of data across the school.

During lessons you will see the ipad used by both staff and children to document progress and achievement through video, photograph and note taking. Assessment of SEND pupils is carefully considered to allow pupils to demonstrate levels of success in Physical Education with our scheme of work suggesting adaptations to ensure inclusivity for all.

The impact of our P.E curriculum is also measured each year through the School Games Award. This recognises high quality provision in school with either a bronze, silver, gold or platinum award and assessed a variety of PE related areas including inclusion, participation in various levels of competition, leadership. Last year we reached Gold Standard as proof of our commitment to supporting children to be active and healthy in body and mind.

All this information enables us to evaluate the overall effectiveness of our Physical Education Curriculum, making improvements as appropriate, so that pupils leave ready for the curriculum at Key Stage 3 and for life as an adult in the wider world.