

physical education

Curriculum Coverage during lessons

	Curriculum	Provision	Assessment
Reception	2 x 1 hour with Class teacher	EYFS (Development Matters) and NC links: Gymnastics, Shape and movement. Dance, games An understanding of safety when using and carrying equipment. Recognition of how the body feels before and after exercise. Understanding that exercise can be fun. Develop body control and working together.	Pupils work will be assessed throughout each unit of work using formative assessment methods as well as through core tasks similar to those outlined in the QCA scheme
Butterflies	2 x 1 hour with Class teacher	Following the National Curriculum: Gymnastics, Shape and movement. Dance, Games An understanding of safety when using and carrying equipment. Recognition of how the body feels before and after exercise. Understanding that exercise can be fun. Develop body control and working together. Experience planning and practicing simple sequences.	Pupils work will be assessed throughout each unit of work using formative assessment methods as well as through core tasks similar to those outlined in the QCA scheme
Grasshoppers	2 x 1 hour with Class teacher	Following the National Curriculum: Gymnastics, Dance, Games, Athletics An understanding of safety when using and carrying equipment. Recognition of how the body feels during different types of exercise. Understand the importance of warming up and cooling down. Understanding that exercise can be fun. Develop body control and working together. Experience planning and practicing simple sequences.	Pupils work will be assessed throughout each unit of work using formative assessment methods as well as through core tasks similar to those outlined in the QCA scheme

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Caterpillars	1 x 1 hour lesson with class teacher 1 x 1 hour with Community Sports Foundation 1 x 1 hour lesson with qualified Swimming instructor for a period of 6 weeks (half a term)	Following the National Curriculum: Gymnastics, Dance, Games, Athletics and OAA Recognise and describe the short term effects of exercise on the body during different activities. Understand the importance of warming up and cooling down. Improve body shapes and balances and the ability to link movements. Talk about how performances and games can be improved. OAA - Residential trip to Horstead. Work with others to solve challenges. Choose and apply skills to meet the requirement of the task or challenge.	
Gloworms	1 x 1 hour lesson with class teacher 1 x 1 hour with Community Sports Foundation 1 x 1 hour lesson with qualified Swimming instructor for a period of 6 weeks (half a term)	Following the National Curriculum: Gymnastics, Dance, Games, Athletics and OAA Recognise and describe the short term effects of exercise on the body during different activities. Understand the importance of warming up and cooling down. Improve body shapes and balances and the ability to link movements. Talk about how performances and games can be improved. OAA - Residential trip to Horstead. Work with others to solve challenges. Choose and apply skills to meet the requirement of the task or challenge.	
Busy Bees	1 x 1 hour with Community Sports Foundation 1 x 1 hour with class teacher 1 x 1 hour lesson with qualified Swimming instructor for a period of 12 weeks (a term)	Following the National Curriculum: Gymnastics, Dance, Games, Athletics and OAA Recognise and describe the short term effects of exercise on the body during different activities. Understand why physical activity is good for their health Know and understand the basic principles for warming up and understanding why it is important to good quality performance. Improve body shapes and balances and the ability to link movements. Choose and use information to evaluate their own and others work. OAA - Residential trip to Horstead (yr 4) and Whitwell Hall (yr5). Work with others to solve challenges. Choose and apply skills to meet the requirement of the task or challenge.	

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 <p>Fireflies</p>	<p>1 x 1 hour with Class Teacher 1 x 1 hour with Community Sports Foundation</p> <p>1 x 1 hour lesson with qualified Swimming instructor for a period of 12 weeks for non or weaker swimmers only</p>	<p>Following the National Curriculum: Gymnastics, Dance, Games, Athletics and OAA Recognise and describe the short term effects of exercise on the body during different activities. Children will understand why warming up and cooling down are important. Understand why exercise is good for health, fitness and wellbeing, and how to become healthier themselves. Improve body shapes and balances and the ability to link movements. Choose and use information to evaluate their own and others work. OAA - Residential trip to Whitwell Hall. Develop and refine orienteering and problem solving skills when working in groups. See the importance of team work and the value of pooling ideas together. Adapt skills and understanding as children move from familiar to unfamiliar environments</p>	<p>Pupils work will be assessed throughout each unit of work using formative assessment methods as well as through core tasks similar to those outlined in the QCA scheme</p>
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Provision in PE lessons is provided in accordance with the National Curriculum. Children are provided with well planned lessons which are clearly differentiated to suit all abilities. Units are taught in blocks to allow children to progress through the units. Assessments are made at the end of each unit. Quality of teaching to be assessed through lesson observations and progression of children thought the units

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Provision of other sports and activities in the school

	Activity	Provision	Assessment
<p>Foundation and KS1 - Available to all children in the lower school.</p>	<p>After school multi - sport 1 x 50 minute session provided by Class teacher</p>	<p>A variety of multi-sport activities included in the club. Which include building team skills and the ability to work together. Emphasis on fun and enjoyment</p>	<p>Ability to work as a team - Build confidence</p>
<p>KS2 - Available to all KS2 pupils</p>	<p>After school - Sports club 1 x 1 hr 1 x 50 minute session provided by Premier Sports (term 1 - Parkour)</p>	<p>Develop a range of actions, body shapes and actions. Explore and improvise ideas for dances and different styles</p>	<p>Develop gymnastic and dance skills with a qualified instructor</p>
<p>KS2 - Available to all KS2 pupils</p>	<p>After school multi - sport 1 x 50 minute session provided by Miss Middleton</p>	<p>Develop the range and consistency of their skills in all games</p>	<p>Ability to work as a team - Build confidence</p>
<p>KS2 - Available to all KS2 pupils</p>	<p>After school Netball 1 x 50 minute session provided by Mrs Hall/Mrs Manners</p>	<p>Develop knowledge of the game, team work and ball skills.</p>	<p>Ability to work as a team - Build confidence</p>

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Provision of other sports and activities in the school

	Activity	Provision	Assessment
<p>KS2 - Available to all KS2 pupils</p>	<p>After school Cross Country 1 x 50 minute session</p>	<p>Building stamina. Giving children the opportunity to participate in competitions. Representing the school. Talented individuals have the opportunity to represent the local area in competition.</p>	<p>Builds confidence and Stamina</p>
<p>Year 5 - 6 Football Team</p>	<p>After school Football club 1 x 50 training or 40 minute match</p>	<p>Develop knowledge of the game, team work and ball skills.</p>	<p>Team working Skills</p>

Clubs after school give children the opportunity to take part in a variety of sports and cater for all abilities. All children are taught about healthy life styles not just through sport but through other curricular areas. Fruit is provided for the children at playtimes as a healthy snack. All children have access to the Forest Schools sessions, which enables children to access the OAA skills and further develop them.

Areas for development:

KS2 have a larger selection of activities to chose from compared to KS1

PE subject Leader is training some older children as play leaders to engage younger childrne in physiscal activities during lunchtime.