PE Curriculum

Intent

At Lyngford Park Primary School and Nursery we aim for all our children to develop a love of physical activity and sport that will last a lifetime. We offer our children a broad and varied physical education and sports provision and encourage every child to try new activities with the aim of finding that something special that interests them and that they wish to continue participating in as they move onto secondary school and beyond. We want all children leaving Lyngford Park Primary School to leave physically literate, with the knowledge, skills and motivation necessary to lead a healthy and active life. Our physical education and sports curriculum is carefully designed and structured to offer both support and challenge as our children develop the key abilities needed to be successful within PE, sport and across the wider curriculum.

Throughout their time at Lyngford Park, our children become increasingly skilled and develop an awareness of the social, emotional, personal and creative gains that can be had from physical activity.

Implementation

Our Inspired Schools PE and sports curriculum is carefully sequenced to ensure progression of knowledge and skills throughout a child's early and primary education, enabling them to build upon prior experiences and apply knowledge, skills and understanding fluently and with confidence. All children in Key Stage One and Two have two hours of PE and sport curriculum time a week. One session is delivered by Inspired School which focuses on developing the fundamental skills of agility, balance and coordination which can then be transferred to a variety of contexts. The second session focuses on gymnastics, dance or sports. Children in Year 4 and 5 also undertake swimming lessons.

The sessions typically follow a warm-up, skill, skill application and cool down/review cycle. The skill element is made up of six dance skills: shapes solo, circles solo, partnering shapes, partnering circles, artistry abstraction, and artistry. Sport In Sport sessions, the children develop their skills in the following areas: invasion, net and wall, athletics, and striking and fielding. These sessions enable the children to apply their physical skills across a range of games/sports, including badminton, basketball, cricket, football, hockey, netball, rounders and tennis. Swimming and water safety In Year 4 and Year 5, our children have a block of weekly swimming sessions to develop their swimming and water safety skills. These sessions are planned and delivered by trained swimming instructors who provide targets for each of the ability groups. There are further opportunities to develop swimming skills for some children in Year 6 so that all children are confidently able to swim a distance of at least 25 metres. Forest School from Reception to Year 6 incorporates Outdoor and Adventurous Activities, our children undertake outdoor and adventurous activities (OAA) both individually and within teams and have the opportunity to go on OAA residential visits in Year 6. In the Early Years, we build upon children's natural wish to play, move and be active. Physical development is vital to children's all-round development and enables them to pursue happy, healthy and active lives. We work hard to provide a wide range of activities and opportunities for children to develop both their fine and gross motor skills and to develop strength, control, proprioception and balance. Alongside the diverse range of physical activities and challenges presented each day, we also offer our Early Years children movement sessions with our inspired coach. These sessions support children in exploring movement and activity through a play based thematic approach to develop their fundamental movement skills. Throughout the children's learning in EYFS, we provide opportunities to develop and practise the control children have of their bodies, develop confidence and skill in gross motor movement, develop spatial awareness and coordination and encourage fine motor skills. EYFS and Key Stage One children develop their fundamental movement skills and become increasingly competent and confident in extending their agility, balance and coordination, both individually and with others. They engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. As children move into Key Stage Two, they 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 develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Our children all participate in competitive activity and

sports, building character and helping to embed values such as fairness and respect. As they move through the school, our children become increasingly proficient at taking on leadership roles including providing feedback and coaching within sessions. As our children move into upper Key Stage Two, they have the opportunity to develop their leadership skills further and are able to apply to become Sports Leaders, leading games and physical activities for younger children and supporting our annual Sports Day.

At Lyngford Park Primary School and Nursery, the children are encouraged to engage in competitive sports and activities. Each half term, each class participates in an intra-sport competition, organised and led by the PE lead and sports leaders. Lyngford Park Primary School and Nursery is part of the Richard Huish Education Group that spans primary, secondary and further education. The PE leads from each setting work closely together to provide opportunities for inter-school competitions. At Lyngford Park, break times and lunchtimes play an important role in developing our children's social and emotional skills and encouraging our children to be physically active. We encourage our children to engage in a wide variety of games and activities and provide a range of resources to support this. We believe that developing and enhancing a love of physical activity is vital in inspiring a healthy and active generation. Wherever possible we seek opportunities to engage children and their families in physical activity through taking part in community initiatives such as 'The Golden Mile'. In addition to curriculum content, we also provide a range of opportunities for our children to engage in extracurricular PE and sport clubs including gymnastics, football, invasion sports, cricket, cross-country and athletics. We work closely with the local community and signpost children to clubs and activities in the area.

Impact

Review cycles are embedded into each unit of work and within each session, the children are encouraged to reflect adapt and review in order to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Children are encouraged to assess and evaluate both their own learning and that of other pupils. This helps them to appreciate how they can improve their performance and identify their next steps. Regular checks on learning are built into all sessions, and a more formal assessment is made at the end of each unit of work. Opportunities for teachers to meet to review children's physical education and sports assessments across the school and to 'standardise' judgements are built into the school calendar. The PE lead monitors PE and Sport across the school, ensuring the policy is adhered to.