

Subject: PE **Leaders: Suzanne Doble**

Quote that guides us: "A healthy mind in a healthy body."


Why is it important to teach PE?


A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. (National Curriculum for PE 2014)


We believe that it is important for children to be healthy and fit and PE contributes to this. We want the children to be physically active regularly and we hope that school helps them to form life-long habits. We believe that, when Early Years and Primary Physical Education are taught well, that they lay the foundation for a healthy lifestyle. We want children to understand the importance of exercise and also other ways to keep healthy and fit. We also recognise the importance of physical activity in supporting mental health. We believe that Physical Education contributes significantly to children's learning and development across physical, social, emotional and cognitive domains.


Links to our Curriculum Driver


We have three **core elements** at the heart of our school: relationships, experiences and learning. All of which are key principles within PE. We have 5 key aims that drive our curriculum. We want everyone to be:

 a **DEEP THINKER** who is a fluent reader, knowledgeable, creative and that has mastered key skills in range of subjects.

 an **EFFECTIVE LEARNER** who demonstrates curiosity and independence, strives to improve and is a problem solver.

 a **CONFIDENT COMMUNICATOR** who is a logophile and bibliophile.

 a **HAPPY AND HEALTHY INDIVIDUAL** who is inclusive, celebrates diversity and feels that they belong.

 a **PERSON** who **makes a positive difference** to others, the community, the environment and the world.

PE contributes primarily to being a happy and healthy individual. However, we also feel physical activities supports being a deep thinker and effective learner. As well as regular movement breaks, we try to have active elements in many of our lessons. Our older pupils becoming sports leaders helps their communication skills and helps them to see themselves making that positive difference to the younger children in PE lessons but also within playtimes.

Key Concepts:

- Having a healthy body is important and exercise and activity helps us to stay healthy
- Sport and physical activity is for everyone
- Everyone can improve their skills through hard work and practice and that we need to focus on personal bests
- Competition is an important part of sport and we all need to learn to win and to lose

- That skills in sport are transferrable to other sports but also other areas in life
- Working as part of a team is important in sport and in life
- Physical activity also supports our mental health and helps us to be happy
- That physical movement can bring us joy
- It is important to understand how our body works and how we can keep it healthy

What we do well as a school:

We have an experienced sports coach at our school. She delivers the majority of the PE with the teachers supplementing this with regular physical activity. The sports coach and teachers use 'Real PE' as a key resource to form their lessons and are now embedding the 'Jasmine' Real PE's online resource. There is a clear progression of skills across the school and children display a good level of skill. PE delivery during lockdown was a strength and a key feature across the school. The sports coach delivered online sessions and got the children involved in competitions to help keep everyone active during lockdown.

The school is involved in competitive sports at various levels both within and outside school. The school is part of the Crofty MAT and a sports lead for the MAT organises MAT competitions that lead into the Cornwall Games. As a small school we do particularly well in competitions and swimming is a particular strength of the school.

We like to have visitors into school, including sports specialists in sports such as netball, cricket, rugby, skipping, football and tennis. We also make use of local secondary school's facilities and other local facilities such as the golf club.

Each year we hold a healthy mind and body week and within this we have a range of visitors offering a range of activities including things such as Tai Chi and Pilates.

We are continually building on our playtime and lunchtime activities; we offer a variety of apparatus and equipment to challenge all age groups and stages of physical development and motor skills. This allows us to contribute towards a child's recommended physical activity of an hour a day (within school hours). We believe in developing fine and gross motor skills, balance, core strength. Furthermore, we believe that allowing children to have quality physical experiences outside, allows the children to connect with the outdoors and create a lifelong love of being outside.

Curriculum Design

The sports coach has created a long term plan for the school and uses Real PE as the guide. Real PE is a unique, child-centred approach. It is about teaching PE in a way that engages and challenges EVERY child in primary school. Real PE gives EVERY child the physical literacy, emotional and thinking skills to achieve in PE, Sport and life. It is fully aligned to the National Curriculum. It focuses on the development of agility, balance and coordination, healthy competition and cooperative learning. It focuses on the fundamental movement skills of a child's physical development:

- * Agility
- * Balance
- * Coordination

7 Golden Threads

Real PE develops the whole child, each term there is a multi-ability focus. In PE we have 7 golden threads that weave through all lessons across the school:

- * Personal
- * Social
- * Cognitive
- * Creative
- * Physical
- * Health and Fitness
- * Everyone Active

Resources

We have a large range of sports equipment. We have a PE cupboard in the school hall and a shed of sports equipment outside. We also have a 'huff and puff shed' that has equipment for the children to use at lunch and playtime. Due to the Sports Premium a large amount of money has been invested over the last 10 years in resources. Supporting the REAL programme, there are various resource cards and specific equipment that supports it.

Training

Due to the Sports Premium we have been involved in a range of training over the last 10 years. The sports coach regularly attends training and disseminates this to other staff. A number of staff have completed Real PE training and recently the sports coach led training on the use of the online platform, 'Jasmine'. Recently a number of staff undertook yoga training.

What does monitoring tell us?

Children are very positive about sport and exercise. The majority of children are physically active a break times and lunchtimes. They understand the importance of physical activity and enjoy the range of sports and activities on offer.

Next Steps

- Ensuring the online platform Jasmine is used regularly across the school
- To refine the long-term overview plan for PE
- Implement Active 30:30