

Intent

Why is PE important at Bridgetown?

PE at Bridgetown aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

Implementation

When is PE taught?

Pupils at Bridgetown participate in weekly high quality PE and sporting activities, delivered by the class teacher. In addition to the hour each week, every pupil accesses the Daily Mile at a set time during the day.

How is PE taught?

Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. We provide opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive sporting events. This is an inclusive approach, where pupil premium children are positively discriminated, which endeavours to encourage not only physical development but also well-being. Each year we employ an external company to plan and deliver additional activities during selected lunch times, providing engaging, well-planned and managed activities, such as netball, basketball and football. Each year group also has a half term of additional PE lessons delivered by SDH Academy. All year groups take part in the Daily Mile, where children run or jog for 15 minutes a day using the running track. Where appropriate, we create opportunities for additional PE by inviting specialists to teach year groups, in the past these have included cricket, squash and football. The swimming curriculum is delivered by Y5 pupils attending weekly swimming lessons, delivered by specialist swimming teachers in the local swimming pool for half a year.

What do we learn about in PE?

In PE, we ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Specifically, key stage 1 pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. These pupils will be able to engage in competitive (both against themselves and others) and co-operative physical activities, in a range of increasingly challenging situations and will be taught to:

- master basic movements including running, jumping, throwing and catching
- developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns



Key stage 2 pupils will 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 will enjoy communicating, collaborating and competing with each other and will develop an understanding of how to improve in different physical activities and sports, learning how to evaluate and recognise their own success. Specifically, pupils will be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]
- apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

How do we assess and monitor PE?

PE is assessed formatively through dialogue and conversation with the children during lessons. Children are given the opportunity to self-evaluate and improve their skills linked to their personal ability throughout their lessons. At Bridgetown, we want to promote the whole child and value their thoughts and responses to the subject, therefore we should ask open ended and effective questioning techniques. For their summative assessment, teachers refer to their detailed weekly planning.

Impact

What difference does our PE curriculum make to our pupils?

Our curriculum aims to improve the wellbeing and fitness of all children at Bridgetown, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.