

Intent

Physical Education gives children the solid foundation and chance to be creative, cooperative and competitive. It enables them to face up to a range of challenges both as individuals and in groups, no matter their physical or special educational needs.

We provide high quality physical education that inspires **ALL** pupils, to succeed and excel in physically-demanding activities. We aim to draw on the children's cultural capital as well as providing a diverse range of experiences to broaden their understanding of the world around them.

We enable pupils to develop their growth mindset to become physically confident in a way that supports their health and fitness. We also provide opportunities for children to compete in sport and other activities that build character and help to embed the School Games values of passion, belief, respect, honesty, determination and teamwork. We celebrate the achievements made which build both their confidence and self-esteem promoting our 'Good to be Me' curriculum driver.

The intent of our P.E. curriculum is:

- To enable all children to be engaged in physical activity and show good control and coordination of the fundamental skills.
- To enable children to learn rules and tactics for a broad variety of team games and sports.
- To enable children to live a healthy lifestyle at school and at home.
- To enable children to perform to the highest standard and increase participation opportunities to represent the school, town and county in their specialist sporting area.
- To enjoy taking part in physical activity and sharing these experiences with each other by raising the profile of PE and sport across the whole school and our community.
- To inspire our children to become global citizens who respect all cultures and the environment we live in.

By the end of EYFS, pupils should be able to:

C&L – Listening, Attention and Understanding - Listen attentively and respond to what they hear with relevant questions.

C&L – Speaking - Participate in small group, class and one-to-one discussions.

PSE – Self-Regulation – Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.

PSE – Managing Self – Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reason for rules, know right from wrong and try to behave accordingly. Understand the importance of healthy food choices.

PSE – Building Relationships – Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.

PD – Gross Motor Skills – Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

By the end of KS1, pupils should be able to:

- 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.

- Engage in competitive and cooperative physical activities, in a range of increasingly challenging situations.
- Master basic movements including running, jumping, throwing and catching.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

By the end of KS2, pupils should be able to:

- 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.
- Enjoy communicating, collaborating and competing with each other.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- 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.

Implementation

Physical Education is mainly found in the 'Physical Development' section of the EYFS curriculum but it is also found in the 'Communication and Language' and 'Personal, Social and Emotional Development' sections. Children in Reception participate in Physical Education through outdoor play and weekly planned PE sessions. Resources to encourage physical development are provided for the children to use in continuous provision.

The children experience a range of sports and activities throughout their time at Grangefield, which enables them to apply and improve their skills in different contexts. Invasion games, striking and fielding, outdoor adventure activities, gymnastics, dance and swimming are all covered within this developmental process.

Our curriculum is supplemented by a wide range of extra curriculum activities, run by teachers and external coaches. These clubs make links with the school games values and recognises the commitment and perseverance of children across the school.

We regularly hold our own competitions within school, using our owl groups to compete against each other. We hold an annual intra cross country competition, as well as other smaller intra competitions, with Sports Day rounding off the year!

To compliment the RealPE scheme, we have designed a separate curriculum map for Y5 and Y6 to follow, in which the skill application part of the lesson, is in a 'real sport' to ensure they experience all the 'key sports' before they leave us. This is to help prepare them for Level 2 competitions and secondary school.



RealPE is a programme which focuses on the development and upkeep of Fundamental Movements in children. Fundamental Movements are the key skills, (moving, balancing and ball skills), that children should be able to do, to participate confidently and effectively in physical activity and sport. These skills are part of the PE National Curriculum. At Grangefield we believe our children need to continue to improve their fundamental skills throughout their time at primary school, which is why we are using this scheme, which runs from Reception to Year 6!



The RealPE scheme not only challenges the children's fundamental movements, but it also gives 'EVERY child the physical literacy, emotional and thinking skills to achieve in PE, Sport and life'. It does this through the 6 different cogs. As a whole school we focus on one cog each half term. For example, the personal cog focuses on the children challenging themselves, being confident to ask for help and being determined to keep on trying when things become challenging. The cogs will not only help our children in PE but also with their behaviour for learning in all other subjects.

As an active school within our community we are part of our local schools sports cluster which hosts regular sporting events. We are also part of a wider Cheltenham sports and physical activities network, Move More, which facilitates our Netball and Football Leagues as well as many other, year round, sporting fixtures... Hockey, Rounders, Quad Kids and Athletics to name a few.

We are a competitive school but we pride ourselves on our sportsmanship. The school games values and RealPE cogs underpin all our sports at Grangefield.

Impact

The impact of our Physical Education curriculum will be assessed using student and teacher voice, achievements within in-school and external competitions as well as through the RealPE assessments. The aim is for children to understand the importance of what they are learning within P.E. and to enjoy their physical education experiences within school.

- Children will achieve age related expectations in P.E. and have a secure knowledge of the fundamental skills.
- Children will be keen to participate in wider sporting activities within and outside of the school day.
- Children will develop an understanding of the importance of good health and well-being which they demonstrate throughout their day to day life and into their future.

