

St Margaret's Vision For Physical Education

Our Intent

At St Margaret's C of E primary we aim to inspire all pupils to develop a love of physical activity and sport.

Through high quality physical education, whole school values and a whole child approach, we aim to develop confident, resilient children who continually strive for their personal best. We focus on our children's needs and provide them with a range of activities, experiences and clubs. We want to aid our children in obtaining the values and skills to celebrate and respect the success of others, and being modest and thankful when celebrating their own success.

We aim to ensure that our delivery of physical education allows all children to have the skills and mindset to leave primary school with the capabilities to be successful in their sporting challenges and active lifestyles at secondary school and beyond.

We strive to educate both our children and their families to develop a greater understanding on how to live healthy lifestyles and make healthy choices. We are dedicated to ensuring healthy minds, as well as bodies and will continue to support our children's well-being. We are developing links with local clubs and partnerships within our community to ensure that children and families receive the support and knowledge they need.

How we implement Physical Education

- Each class is timetabled so that they can access the hall / MUGA at least twice a week regularly.
- The playground areas are used to facilitate activities such as outdoor activities and games.
- Teaching staff deliver high quality PE activities/lessons for 2 hours per week. One hour of which is dedicated to improving pupils fitness specifically.
- Swimming lessons are provided by qualified teachers.
- After school sessions run at least once a week for different age groups with a different focus each half-term.
- Lunch time clubs provided focused activities for KS2/KS1/EYFS children helping to establish healthy lifestyles and contribute towards Active 30/30- An aim for all pupils to have 60 active minutes per day, with 30 of those being in school.

Early Years Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning.

The two related early learning goals are:

Expected

- Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Exceeding

- Moving and handling – Children can confidently hop and skip in time to music.
- Health and self-care – Children know about and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces. Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have a weekly PE lesson.

Key Stage 1 & 2

The school follows the GetSet4PE Curriculum from EYFS to KS2– These have been adapted to meet the needs of each individual class and are supplemented with ideas and activities from other sources, governing bodies and teacher experience. At Key Stage 1 there is a focus on basic skills and the fundamentals of movement: Agility, balance and co-ordination (ABC). At Key Stage 2 children will move to an activity based curriculum. Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively. Swimming lessons take place weekly for Year 4/5 during the summer term. At St Margaret's we like our curriculum to be responsive to the needs of the children and to broaden their range of experiences, this is often seen in PE when classes enjoy a wider range of activities such as Yoga and rock climbing. After school clubs are often used to provide and introduction to less familiar activities.

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.
(John F. Kennedy)

Events and Learning Opportunities

House competition, representing the school in the School games competitions, after school sports clubs, play leading.

Impact

Through the PE curriculum:

Children develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency.

Children develop an increasing ability to select, link and apply skills, tactics and compositional ideas.

Children develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.

Children develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.

Children have an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

Most importantly children at St Margaret's leave with a love of physical activity, they have developed key character traits such as resilience, perseverance, competitiveness, effective communication and modesty along with personal and team skills. These are life long skills.

Sports clubs are really good because you get to try and learn new sports that you wouldn't normally get a chance to do. I really recommend it. (Y5 pupil)

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