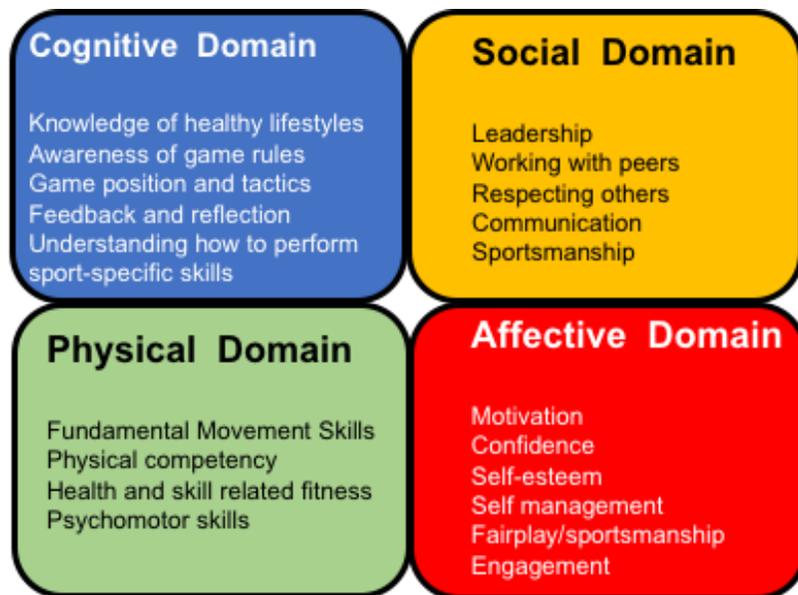


PE AT ROSENDALE

1. Strategic Aims

PE at Rosendale aims to provide all children the skill of physical literacy. Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life. Physically literate children are not only healthier but perform better academically and are more likely to be active as adults. PE's great strength is that it provides so much more than just physical development. The four domains of PE (Bailey and Armour et al, 2006) and the skills they incorporate are shown below.



Often referred to the Head/Heart/Hands approach, in EYFS/KS1 a child focuses mostly on the physical domain but the learning journey through KS2 begins to engage the other three domains to provide a fully physically literate child entering secondary school. This journey is reflected in the progression of skills through EYFS/KS1/KS2:

EYFS/KS1

- Practise and develop increasing confidence and competence in the fundamental movement skills of locomotion, stability, object control.
- Access a broad range of opportunities in physical activity, including dance and gymnastics, to further develop fundamentals.
- Begin to apply basic movements in a range of activities.
- Work individually and with others to engage in cooperative physical activities.
- Participate in simple team games linking fundamental movement skills and providing opportunity for basic competition against self and others.
- Begin to understand the benefits of physical activity and a healthy diet (in combination with science and PSHE).

KS2

- Use running, jumping, throwing and catching in isolation and in combination linking them to make actions and sequences of movement.
- Apply basic principles suitable for invasion games, net/wall games and striking/fielding games
- Develop flexibility, strength, technique, control and balance e.g. through athletics, gymnastics and dance.
- Perform dances and gymnastic routines using a range of movement patterns.
- Take part in OAA challenges both individually and within a team.
- Enjoy competing, communicating and collaborating within a team and play competitive games, modified where appropriate, using the spectrum of competition.
- Develop an understanding of how to improve in different physical activities by evaluating and recognising their own success and comparing their performance with previous ones.
- To develop confidence in water and swim proficiently over a distance of at least 25 metres using a range of strokes.

2. Curriculum and Planning

The Rising Stars “Champions” sports, health and fitness scheme of work is used across the whole school, ensuring complete coverage and progression between year groups. The health strand of the plans is taught in conjunction with the science and RHE curricula where applicable. The Champions curriculum map is shown on the next page.

In KS2, the Curriculum is planned in collaboration with expert sports coaches from Teachsport. These coaches provide each child in KS2 with a 30 minute daily sport activity session as well as providing advice and guidance to teachers. They also work with children during lunchtime to develop the four domains of PE.

In Year 3 children are assessed for their ability to confidently swim 25m using a variety of strokes. Those children needing to develop more confidence are then invited to attend an intensive week long course (1 hour a day for 5 days) at the end of the academic year in July.

Champions does not provide OAA lessons so the Curriculum Adventurous Activities for Primary Schools (CAAPS) KS2 lesson scheme is used.



All Year 6 children are invited to attend an outdoor activity centre (PGL) for 5 days in their final term at primary school.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Multiskills	Cool core strength	Brilliant ball skills	Fitness frenzy	Skip to the beat	Active athletics
Year 1	Storytime dance	Gymfit circuits	Groovy gymnastics	Boot camp fitness	Throwing and catching	Might movers running
Year 2	Multiskills Boot camp fitness	Ugly bug dance Mighty movers running	Groovy Gymnastics Skip fitness	Brilliant ball skills Gymfit circuits	Throwing and catching Cool core strength	Active athletics Fitness frenzy
Year 3	Multiskills Boot camp fitness	African dance Mighty movers running	Groovy Gymnastics Skip fitness	Brilliant ball skills Gymfit circuits	Throwing and catching Cool core strength	Active athletics Fitness frenzy
Year 4	Invaders Boot camp fitness	Line dancing Mighty movers box'cise	Gym sequences Step to the beat	Striking and fielding Gymfit circuits	Nimble nets Cool core pilates	Young Olympians Fitness frenzy
Year 5	Invaders Boot camp fitness	Bollywood dance Mighty movers box'cise	Gym sequences Step to the beat	Striking and fielding Gymfit circuits	Nimble nets Cool core pilates	Young Olympians Fitness frenzy
Year 6	Invaders Boot camp fitness	Street dance Mighty movers box'cise	Gym sequences Step to the beat	Striking and fielding Gymfit circuits	Nimble nets Cool core pilates	Young Olympians Fitness frenzy

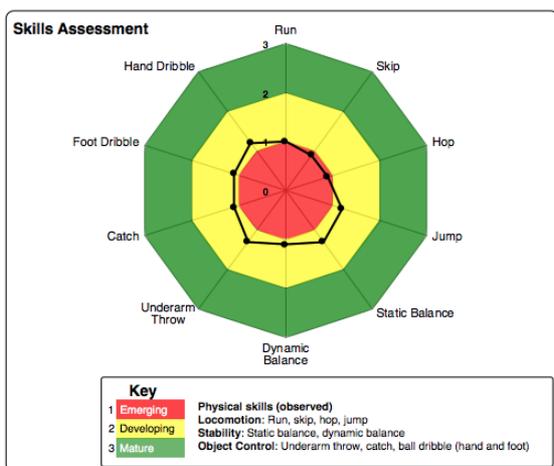


3. Assessment

Summative assessment is conducted on an ongoing process in the same manner as whole class feedback is conducted in other subject areas. Formative assessment must be both meaningful and manageable and for this reason children are assessed at the end of KS1 and KS2. Examples of these assessments are shown below. Any children with significant gaps at KS1 are brought to the attention of the SEND Coordinator and the end of KS2 assessments are shared with the children and their new secondary school. Examples are shown below.

Key Stage 1 PE Progress

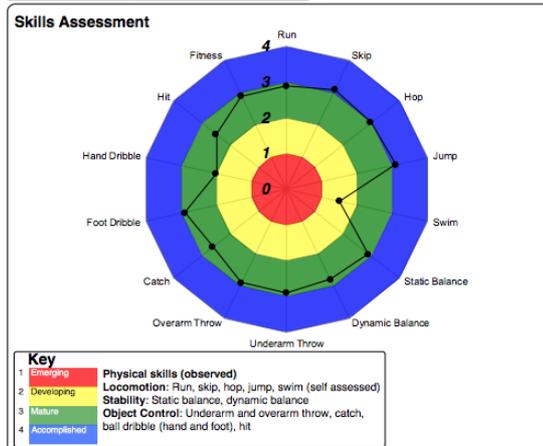
Name:	
Date of birth:	14 th June 2012
Favourite sport:	Hide and seek



Physical activity is associated with numerous health benefits for children, such as muscle and bone strength, health and fitness, improved quality of sleep and maintenance of a healthy weight. There is also increasing evidence that physical activity and participating in organised sports and after school clubs is linked to improved academic performance. (Childhood Obesity: a plan for action. UK Department of Health, January 2018)

Primary PE Progress

Name:	
Date of birth:	14th February 2008
School clubs and teams:	Hockey, gymnastics
Sporting heroes:	Simone Biles
Favourite sports:	Hockey, gymnastics, athletics, dance



whole school progression focusing on one fundamental skill (throwing and catching) is being explored through the school. Six children in each year group will be assessed and filmed to examine how this skill develops with age and how progression can be better incorporated.

4. Staff Training

All staff are supported to teach the PE curriculum through the excellent scheme of work, the use of PE coaches and by the Head of Department for PE. There is usually at least one adult learning session focussing on PE every year.

5. Health and Wellbeing

Health and wellbeing concerns have become far more prevalent over the last two years as a result of the impact of the Covid 19 pandemic, lockdowns and school closures. Physical activity and its positive impact on health and wellbeing is recognised by the school. As a result, it has informed our strategic planning and how we organise our school day to maximise opportunities for sport and physical activity. These issues are also addressed in conjunction with RHE and Science lessons

6. Primary PE and Sport Premium Grant

Focus	Allocated Funding
To support the provision of daily, structured physical activity provided by Kieron Campbell and coaches from Teachsport (https://www.teachsport.org)	£21490
Total Funding	£21490

7. Extracurricular Activities

The school runs an after school talent development group for pupils in KS2. This is free of charge to invited pupils. There is also a free wellbeing support group for vulnerable pupils who need additional care and attention. The school runs physical activities as part of its extended day provision available to any child who uses after school club. An exhaustive list of local sports clubs is available for all children and their parents/carers to explore sporting opportunities outside school. The school also enters both a boys and girls into the Lambeth and Southwark Primary Schools Football League

