



## Lowerhouse Junior School

### Physical Education



#### Our Values and Pupils' Personal Development

Our curriculum is an important means by which we develop the values of our school in our pupils during their time at Lowerhouse Junior School. When planning and delivering lessons, teachers give attention to our values of **Aspiration, Integrity, Resilience** and **Respect** which are relevant to the unit of work. Our aim is to encourage positive attitudes to learning, to ourselves as individuals and to other members of our community.

#### Cultural Capital

Through our curriculum we aim to provide our children with the skills and knowledge they require to be educated citizens with an appreciation of human creativity and achievement throughout human history. With these insights our pupils will have the capacity to be happy, independent, confident individuals able to benefit from and contribute to their local communities and wider society.

#### Reading





The effective teaching of reading is of paramount importance. Becoming efficient readers enables our children to achieve our other curricular aims much more easily. It is a skill for life. We give the highest priority to the improvement of children's reading

#### Purpose of Study

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.

#### Aims






The national curriculum for physical education aims to 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.

#### Subject Content – Key Stage 2

Pupils should 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 should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.




Pupils should 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), and 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.

### Swimming and water safety






All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:





-  Swim competently, confidently and proficiently over a distance of at least 25 metres
-  Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).
-  Perform safe self-rescue in different water-based situations.

### Intent

Our overarching aim at Lowerhouse Junior School is for our pupils to achieve great things and live life in all its fullness. Offering a well-rounded and balanced curriculum is one way we work towards achieving this and Physical Education provides the perfect platform for children to achieve great things and explore what living a full life might look like for them and the people around them. At Lowerhouse Junior School, Physical Education is an integral part of our curriculum and we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve great things. We provide a safe and supportive environment for children to flourish in an ever widening range of different physical activities which is essential in supporting their physical, emotional, social and moral development. We aspire for children to adopt a Growth Mindset and believe that anything can be achieved with determination and resilience. We are extremely lucky at Lowerhouse Junior School having four specialist PE teachers/HLTAs as part of our school family and we are able to offer a varied program of activity to ensure that all children progress physically through a unique and fully inclusive PE curriculum. Our curriculum aims to challenge and support, improving the well-being and fitness of all children. This is not only achieved through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their best and succeed. All children participate in a vast range of competitive sports at Lowerhouse Junior School, at a range of levels which can be against self and/or others, inter and intra school. We also place an essential part of our curriculum on swimming in Year 4. Swimming is an important life skill and we aspire for all children to leave primary school having met at least the minimum requirements of the National Curriculum. We endeavour to encourage children to transfer the school values and that our whole school family can be physically active for sustained periods of time and able to make informed decisions to lead full, healthy and active lives.

### Implementation

-  PE at Lowerhouse Junior School provides challenging and enjoyable learning through a range of sporting activities including invasion games, net & wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventure and swimming.
-  Year 4 classes have swimming across the year. Rowan Class going swimming Autumn Term and Spring 1 with Maple going swimming Spring 2 and Summer Term.
-  Pupils participate in at least 2 hours of high-quality PE lessons each week, covering two different sports/ skills focuses each half term.
-  The Long-Term planning for each class, which are accessed electronically through iPads, set out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. This is tracked by the PE Lead using the PE Passport App, where evidence, assessments and twice weekly registers can be viewed. All staff can access the Medium-Term planning and half termly assessments for each class throughout the academic year.
-  Teachers use and adapt planning and resources to ensure lessons across years show progression.

-  Children are encouraged to participate in the varied range of extra-curricular activities. We provide inclusive and enjoyable clubs which increase children's physical activity. Clubs are offered to all children.
-  All Year 6 children can become Play Leaders for the school. Training for this is provided by our School Games Organiser. The children assist with and organise games at break times.
-  We believe that having Sports Leaders at Lowerhouse Junior School, helps to develop sporting role models for the younger children. 4 Sports Leaders are elected each year. These children meet half termly with the PE Lead and discuss ways to develop the PE and Sports in our school. They also organise both Inter and Intra School competitions, support club development, lead pupil voice and actively encourage sport for all.
-  Children are invited to attend a host of competitive sporting events and festivals within the local area and beyond. We take part in a range of competitions on offer and strive for an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills.

### **Impact**

At Lowerhouse Junior School, we aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school. We ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. Our pupils are physically active, and this has a positive impact on their learning in the classroom. We have created a safe and supportive environment that encourages each child to lead a healthy lifestyle and understand the importance of regular exercise. Children can represent the school at sporting events at local level. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve great things and live life in all its fullness.