



Physical Education at Grange View CE First School

This is a guide for anyone who is visiting Grange View C.E First School to explain our approach to physical education in school. Updated April 2020



OUR INTENT

Our aim is to provide a high-quality physical education which aids children to physically develop and improve levels of fitness and mobility during their younger years. At Grange View, our physical education programme has been developed to engage children in all forms of sport and games, giving them an understanding of the need to live a healthy and active lifestyle. Within the programme, children become equipped with both physical skills and social values, preparing them for their future lives. The children are given opportunities to try different areas of sport, coached by specialist sports leads for each sport or by teachers, and are able to develop a knowledge of various sporting equipment and rules associated with the sport.

The physical education curriculum covers nine key sports areas, with each area having a clear skills progression; physical, cognitive, health and wellbeing and personal. These skills enrich the whole child, which they can build on, preparing them for their future roles. Participation in festivals and tournaments are fun opportunities for the children to consolidate skills acquired during PE lessons and further develop the child in terms of social interaction skills, team skills and leadership.

Planning.

At Grange View we use the Val Sabin PE programme for dance, gymnastics and games. Other programmes are used to enhance the PE curriculum. We work on a two-year cycle ensuring basic skills progression is achievable each year. Sports Coaching sessions add variety to the planning, enriching the curriculum for the children.

Skills Progression.

There are nine key sports areas, each area has its own clear skills progression. Planning incorporates these progressions combining to ensure each child reaches their full potential. Assessment works by observing and monitoring children as they reach each skills point.

Equipment is available for all PE lessons and is regularly replenished.

Swimming.

The Government's expectation is that every child should be able to swim at least 25 metres by the end of key stage 2. As a school we work hard to ensure that this target is met by the end of year 4. At present all key stage 2 children attend swimming once a week for the whole academic year. A list of the children's swimming awards is collated at the end of each school year, which shows the skills progression for each child.

Other Initiatives

To promote health and wellbeing throughout the school, we also enrol in numerous programmes that require the children to walk, cycle or scoot to and from school. PE based after school clubs are also available to the children.

School Sports Partnership.

Grange View is a member of the Coquet and Ashington school sports partnership. An organisation keeping sport at the heart of schools and providing young people with the opportunity to compete and achieve their personal best. This allows the children to participate in festivals and tournaments around our region. These experiences allow the children to consolidate skills they have learnt in a fun way. It also provides occasions where children can develop their personal and social skills. The partnership also offers continuous professional development opportunities for all teaching staff, giving us new and innovative ways to help move the children forward with their physical education.

Outdoor Adventurous Activities.

We offer the children two outdoor experiences in Key stage 2. These are a residential and an activity day. Every alternate year we attend a 3-day, 2-night residential. This is a valuable experience for our children, visiting new places and learning new skills. Our additional opportunity is a 1-day activity visit, a short experience but enough to give the children a taste of adventure. Both visits build on the children's teamwork and further progresses to leadership skills.