



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 June 2023*



OUR INTENT: Why our PE Curriculum looks like this.

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. Within our provision we have planned a wide range of sporting activities to ensure all children at Grange view understand 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 exciting opportunities to try different areas of sport, coached by specialist sports leads or by teachers, and participate in a wide variety of inter and intra sport competitions which build their confidence, social interactions and further love of keeping active.

Planning.

At Grange View we use the Complete 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.

Assessment

Physical education is assessed at the end of each unit of work, which is the end of each half term. There are six units per year and we work on a 2 year cycle. Assessment is formative; using observations and discussions between staff, sports leaders. The Complete PE programme tracks the results of each child throughout the year and gives an overview of their development in PE. Where as during provision delivered by external providers, class teachers conduct summative assessments based on observations. Swimming results can also be uploaded to give a full picture of a child's progress.

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.

PE Spotlight

PE has various spotlight opportunities throughout the year with children in KS1 and 2 attending different festivals. Every child takes part in a dedicated day of PE during sports day in the final summer term. We hope to continue achieving the School Games gold award and move forward with our physical education to gain the platinum award.

Where it all begins: Early Years Starting points.

In our school context the baseline of our children is varied for physical development. Their gross motor skills are predominantly at the expected level however their fine motor are significantly below what would be expected for their age. A wealth of different experiences are planned and provided for the children throughout their time in early years including specific PE lessons, whole class movement sessions, forest school, outside sports coaching and general outdoor provision. Within which there opportunities to develop climbing, balance and movement techniques amongst other gross motor skills to develop special awareness. In the unit, fine motor provision is enhanced through adult led interventions, specific targeted daily tasks and whole class engagement such as dough disco or wiggle squiggle.

Q of E - Pedagogical choices

- Using a programme of study that tracks skills progression throughout the school.
- Physical education used in a wide range of contexts, breakfast club, after school clubs, in class, as well as PE sessions.
- Well thought out choice of experiences delivered; residential, cycling, scooting and other different sports.
- Staff CPD training to ensure good provision.

Q of E - SEND provision

- Using lesson plans which can be adapted to include all children in every session.
- Mixed ability sessions, working individually, in pairs and groups.
- Having a wide range of equipment to enhance each session.
- Liaising with sports coaches to ensure all children have the best experience of sessions.
- Including all children in events such as festivals and competitions.

Implementation: How are they knowing more and remembering more?

Quality of Education	At present we are working with outside providers to ensure expert knowledge is shared with staff, which enables a high level of PE provision is consistent throughout the year. Following the school's plan, a broad and balanced scheme of work has been designed to show a skills progression across all year groups. Each unit of work is built upon to ensure that every child has an opportunity to build upon previous learning whilst remaining challenged. Due to the repetition of the same PE skills each year, the children are able to constantly revisit concepts to embed knowledge into long term memory. All lessons are inclusive regardless of disability, confidence or experience. Assessments are conducted at the end of each unit following continual observations and end goals.
Behaviour and Attitudes	Children are introduced to the PE values at an early age. These values are worked on in each lesson and are also promoted in the festivals and competitions the children take part in during the school year. Each child has the chance to increase their confidence by attending outside adventurous activities, which are provided to challenge and extend their experiences outside the classroom. Within all lessons children feel confident to attempt the breadth of activities within the curriculum, this is as a result of the constant encouragement from staff and peers. Consequently, the enthusiasm shared by all creates a positive learning environment, where praise is common practise. As with all subjects, the school behaviour policy is adhered to and rarely impacts on lessons. After school PE clubs are always well attended with a wide range of skills being developed.
Personal Development	The personal development of the children is continually developed through the PE core values, these values include determination, passion respect, honesty, self belief and team work. All of which support our school's vision and ethos for children to be life long learners and achieve their full potential. Although promoted in PE, these values are encouraged across all subjects providing a breadth of curriculum and opportunities for ambition and success in later life. With regards to cultural capital, all children engage and access the curriculum, through festivals, after school clubs and partnership competitions pupils have the opportunity to explore their PE interests wider than the weekly lessons and further develop possible untapped talent. The PE values encourage a constant understanding and tolerance of each other, embracing difference and equality and knowing that as with all subjects the protected characteristics are included. This has been commended and commented on by external specialists and coaches on several occasions. The regular festivals not only extend their experiences outside of school but also encourage collaboration with others. Through picture news and Newsround sessions, often the promotion of PE is illustrated which allows for discussions and debates regarding British values and building ambition – likewise our favourite five texts often challenge prejudice and bias with story characters. At all times, throughout their life at Grange View, they are encouraged to check in with their emotions and notice the 'ows', 'wows' and 'nows' in different moments. These are often followed by discussions, understanding the value of acceptance and being humble in defeat as well as striving for success and having ambition. Parents are engaged in PE provision through regular posts of festivals and success on social media, they are invited to watch and encourage their children on sports day and on occasions are asked to assist at festivals.
Leadership and Management	There is a yearly timetable for monitoring with governors, where each term they either have a telephone conversation, face to face discussion or shadow a learning walk including pupil voice. Also, each term a summary of developments in PE are written in a paragraph for the Head Teacher's report to governors. Monitoring takes place through learning walks, professional discussions and pupil voice. Pupil voice is often very positive, children enjoy PE at Grange View like the range of festivals and after school clubs that are available as an extension. The staff have the opportunity for professional development by assisting expert coaches teaching PE throughout the year. The use of sports funding is discussed on an annual basis with the leadership team, with action plans being written and the impact of the funding being analysed. Additional training opportunities are always explored on the ecourier and any relevant training is booked and disseminated with the relevant staff.
Early Years	As mentioned earlier, the children enter school with a low baseline for fine motor but expected level for the large movements. There is a mixture of activities including wake up shake up and wiggle squiggle to get their bodies moving, whilst fine motor activities such as dough disco, pincer actions and threading build finger strength. Each week, early years have dedicated PE sessions with an external provider, encouraging being active, building spacial awareness and embracing the fun of PE. Also, through yoga in the classroom they develop core strength, flexibility and vital listening skills. All these tasks alongside the continuous provision are planned to build upon prior learning and ensure the children have the foundations of hand eye coordination, turn taking and spacial awareness to apply to their specific units in KS1 and 2.

What is it like to be a pupil at Grange View studying Physical Education on a daily basis?

At Grange View, PE is fun. Physical education is embedded throughout school life, encouraging a healthy lifestyle.

