



Townlands C of E Primary Academy

A journey of learning in the light of God's love.

Physical Education

"Just play. Have fun. Enjoy the game."

Michael Jordan

Our Vision for PE

At Townlands, we believe that Physical Education (PE) is essential to ensure children attain optimum physical and emotional development and good health. Children have two timetabled PE lessons every week throughout primary school, focusing on developing different skills, such as basic motor skills, ball skills, gymnastics and dance movements. They will also learn a number of team sports, which supports children's understanding about co-operation and fair play.

Why do we teach PE?

At Townlands, we value PE as an important part of the children's entitlement to a broad and balanced curriculum. We encourage all children to participate in, enjoy and excel in competitive and recreational sport. All children will be provided with the opportunities to learn, improve and compete in a range of sports and activities to improve their health and fitness and self-confidence. We want to teach children how to cooperate and collaborate with others as part of an effective team; understanding fairness and equity of play to embed life-long values. We also want to teach children skills to keep them safe such as being able to swim. Overall, through a high-quality physical education programme, the school aims to enable pupils to become successful learners and confident individuals.

Rationale – Why we do what we do...

After completing a PE audit with pupils and staff, we know that children really enjoy these lessons. However, some children expressed a desire to have more opportunities for

different extra-curricular sporting activities. As a result, we are now providing a wide range of after-school activities to supplement our timetabled PE lessons. In addition, our dedicated Sports Coach supports children with their football skills at playtimes. We also have facilities for table tennis, badminton and skipping as an option for children to play. In the zone there is a different activity that takes place daily; there is only one rule for playing, which is 'of course you can.' We also have the gym area, trim trails and climbing frames on all the playgrounds.

Enrichment

Children will learn about areas specific to PE such as functional skills, invasion games, OAA gymnastics, dance, swimming, striking and fielding games. In addition, they will also have the opportunity to attend a wide range of competitive sporting events in the local area and work with specialist coaches. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children. Competitions have participated in a range of competitions including basketball, dodgeball, gymnastics, football and new age kurling.

Townlands offer children a wide variety of after school clubs such as football, new age kurling, gymnastics, dodge ball, dance club, fun inflatables, rounders etc. In addition, every lunch-time our dedicated sports coach facilitates outdoor games and encourages participation.

Annually, Year 6 children are encouraged to become Sports Leaders for the school. They act as sporting role models for the younger children, assisting with our annual sports day and any other sporting activities. Through the Cycle Proficiency Scheme, children in Year 6 learn about safety on the road as well as the benefits of cycling for health. School trips and residential trips have also focused on encouraging physical development as well as promoting new opportunities; children have participated in archery, climbing and orienteering.

How do we deliver the PE curriculum?

The teaching and implementation of the PE curriculum at Townlands is based on the National Curriculum. Children are taught all components of the National Curriculum programmes of study, which include dance, gymnastics, athletics, striking and fielding, net and wall, and invasion games in Key Stage 1 and with the addition of swimming and OAA at Key Stage 2. The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Pupils

participate in two high quality PE lessons each week. In addition, children are encouraged to participate in the varied range of extra-curricular activities which are on offer. Lunch time supervised sport is available each day and children can also attend after school sport clubs.

EYFS

PE in the EYFS is taught through Physical Development - our children have opportunities to be active and develop coordination both gross motor and fine motor. They also learn about healthy choices.

KS1 and KS2

Pupils in both Key Stage 1 and Key Stage 2 engage in two hours of high-quality PE during the course of each week. A realistic attempt is made for all children to achieve the expected levels of performance as set out in the National Curriculum descriptors. The planning and the delivery of each unit of work will ensure that each pupil will have the opportunity to:

- Acquire and develop new skills
- Select and apply appropriate skills, tactics and compositional ideas
- Evaluate their own and others' performance in order to improve
- Gain knowledge and understanding of how PE and sport contributes to staying physically, mentally and emotionally healthy
- Experience a range of roles such as performer and leader in an activity

PE in the curriculum

- We plan using the National Curriculum
- We enhance the curriculum using progression grids
- Subject progression grids are used to develop long term planning
- Teachers use the long term planning to plan units of work and deliver individual lessons

This is how we support and ensure access for all children:

- Ensure that a range of sporting equipment and resources are available to enable success for all pupils
- We use teacher and self-assessment to quickly identify any child who requires additional support in specific skills

This is how we challenge:

- An additional challenge planned for, from the very start of the lesson

How does the PE curriculum embed knowledge?

The successful approach at teaching PE at Townlands ensures children have positive experiences in sport and an appreciation that sport promotes a healthy life now and for the future. We ensure our curriculum is progressive and allows children to develop fundamental skills and apply them to a range of sports and activities; continually building upon these. Children are provided with opportunities to participate in a wide range of sport and exercise and use subject specific vocabulary.



Useful Websites

The Association for Physical Education

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Daily PE lessons with Joe Wicks

<https://www.thebodycoach.com/mission>

Think Active

www.thinkactive.org/gettingactive/kids-active-learning/