



**Showing our love through kindness, determination and curiosity; strengthening ourselves and our community.**

# P.E Subject Statement

## Intent

At Long Wittenham CE Primary School, our intent is to provide a high-quality Physical Education (P.E.) curriculum that not only meets the requirements of the National Curriculum but also ensures our children develop a love for physical activity that extends into adulthood. We aim to equip our pupils with the necessary skills to engage in competitive sports if they choose to, as well as fostering enthusiasm for physical activities to promote a healthy and active lifestyle in their future. Our comprehensive focus on fundamental movement skills will equip our students with the necessary foundation to excel in a wide range of sports and physical activities. Those who choose to pursue competitive sports will have a solid base from which to develop further skills in their chosen disciplines. We recognise that physical activity and sport has benefits beyond physical health and our curriculum is designed to support children in developing the communication skills needed for effective teamwork and coaching as well as opportunities to build resilience and determination in the face of challenges. Throughout all of their experiences we will support the children to show our core values of kindness whilst developing teamwork and coaching skills and determination as they strive to improve their physical capabilities. By promoting the value of physical activity, and nurturing a positive attitude towards it, we aim to instill in our pupils a lifelong enjoyment of exercise which will enable them to make healthy choices and lead active lives, boosting their overall wellbeing and ensuring they can make a positive contribution to their community and wider society.

## Implementation

The main content of our curriculum is delivered through two sessions of structured physical activity each week in the form of P.E lessons. In the Early Years Foundation Stage, we support our children to develop their skills through physical play throughout the day including through access to the outside area and through weekly visits to forest school. To support effective transition into school, the children have one structured P.E session per week in the first two terms before moving to two after Christmas.

### Real P.E

Real P.E is a scheme of learning based around the importance of fundamental movement skills. Each class will complete six units of Real P.E across the year in EYFS and KS1 and as part of a two cycle in KS2 exploring the 12 fundamental movement skills and 6 learning behaviors. These units are progressive across year groups and learning follows a skills progression approach.

A typical P.E session in EYFS and KS1 is structured as follows:

- Warm-up
- Skill development
- Skill application – this could be through a game, song or story that includes actions to support the application of the focus skill.
- Review

A typical lesson in lower KS2 follows the same structure as above with the addition of a personal best challenge in order to support the children in monitoring their own progress in a skill.

A typical P.E session in upper KS2 is structured as follows:

- Warm-up
- Game
- Skill development
- Repeat of game following development of skill and tactics
- Review
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#### Gymnastics

Children will complete two units of Gym each year using the Real Gym scheme. This is aligned with Real P.E scheme of work and uses the same skills and learning behavior approach. The core skills of shape, balance, travel, flight and rotation are developed across the two units and repeated each year to support children's progress. A sequence of lessons progresses from floor work to low apparatus ending on high apparatus enabling repeated practise of the core skills the children are working on during that sequence.

#### Dance

Children will complete one unit of dance each year using the Real Dance scheme. This is aligned with Real P.E scheme of work and uses the same skills and learning behavior approach. The core skills of movement (shapes and circles), partnering and artistry, including musicality, are taught each year enabling children to develop them and demonstrate progress as they move through the school.

#### Swimming

Recognising the importance of water safety and swimming skills, we place a strong focus on swimming within our P.E. curriculum. We provide swimming lessons for all children in Key Stage 2. The majority of this teaching is focused in years 3 and 4 with each child receiving 20 hours of swimming instruction each academic year. Children in year 5/6 take part in 10 hours of swimming instruction each academic year. Children in year 6 who have not met the required national curriculum standard will be offered additional swimming lessons in the summer term if this is deemed appropriate.

We teach children 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.

#### Sport Specific teaching

All children will explore Athletics in the final term of the year. This unit of work builds upon the skills taught in Real P.E lessons and gives explicit practice of skills needed for competitive athletics events. Each year children will take part in a whole school sports day.

In addition to this, to reflect the importance of children experiencing specific sports-based tuition in order to access competitive sport, children in KS2 will explore a range of sports across a two-year cycle. The sports selected focus on the core sport types of invasion games, net and wall games and striking and fielding games. Although sports specific tuition does not form part of our KS1 curriculum, the pre-requisite skills needed are taught through our skills focused approach.

#### Outdoor Adventurous activities

All children have the opportunity to take part in a unit of work that focusses on an outdoor and adventurous activity that is designed to challenge them individually and as part of a team. At Long Wittenham CE Primary School, 6 lessons across the year are dedicated to this with 3 of these lessons focused on orienteering and the other 3 lessons focused on team building and problem-solving tasks outdoors.

#### Active Play

Opportunities for active play promoted during break and lunchtimes: a range of play equipment is provided, and decisions about the development of school grounds encourage physical activity.

## Impact

The impact of our P.E curriculum will be seen through ongoing teacher assessment within lessons and through observation of the wider impact of their activity levels on their physical and mental health.

Children's progress in the fundamental movement skills will be assessed through observation by their class teacher of children demonstrating their mastery of the skills as well as through appropriate questioning and children's own evaluations of their performance, strengths and weaknesses.

Pupil voice will demonstrate that children enjoy taking part in physical activity and observation will show that all children are actively engaged during all parts of the lesson.