



PE at Burton Joyce Primary School



PE forms an important part of our curriculum and an essential part of a child's personal, social, emotional and physical development. Through PE we can help children develop the crucial skills and attributes required for the modern world. At Burton Joyce Primary School, we follow the National curriculum and a progressive school curriculum which incorporates the key elements of PE. As a school, we aim to empower our pupils to gain the knowledge, skills and enthusiasm needed to be lifelong participants in physical activity, encouraging them to lead healthy and active lifestyles. Through extra-curricular activities, we provide children with opportunities to further their experience, skills and enjoyment in a wide range of sports and physical activity. Our commitment to competition, both in and out of school, enables children to apply their skills and knowledge to excel in a broad range of physical activities as individuals and as part of a team.

Curriculum design and sequencing of content

We teach children an engaging, progressive curriculum that is designed to develop children's physical ability, mental capacity and emotional understanding. Delivering the National Curriculum through the PE Hub scheme, children have clear outcomes in head (thinking), hand (doing) and heart (behavioural change.) Effective delivery of the National Curriculum Expectations using the concept of 'Head, Hands and Heart' ensures that children can develop into thinking physical beings and doing physical beings which impact on the behavioural change to equip them for lifelong participation. The 'doing' physical being is physically competent, physically active, competitive, and grows and develops. The 'thinking physical being' is a decision maker; confident; creative; and has analytical-deep understanding. The 'behavioural change being' is involved and engaged, grows socially and emotionally, builds character and values and leads a healthy active lifestyle. Our curriculum coverage for PE ensures children experience a wide range of sports and activity to keep them engaged and prepare them for KS3 and beyond, whilst ensuring they develop their skills in each strand throughout the years. PE units progress throughout the year groups and build on children's prior knowledge and understanding, with links in learning across the strands. Our sequence of PE units enables skills and knowledge to be developed and applied in different ways throughout the learning journey. Progressive learning objectives through suitably differentiated and logically developed tasks, endeavour to provide a stimulating, enjoyable, and appropriately challenging learning experience for our pupils. It is intended that all of our pupils will enjoy personal success in PE and be motivated to further develop their individual potential.

All classes take part in two lessons of PE per week, ensuring the requirements for 2 hours of PE is met. Lessons are delivered by the Class or year group Teacher and our in-house Sports Coach. Our Sports Coach is employed within the school and has a comprehensive knowledge of the PE curriculum and the children, which ensures quality PE lessons and progression throughout.

Key Elements of PE

When planning and teaching PE units, each will incorporate the key elements of PE:

- Movement
- Development of skills and techniques
- Application of skills and techniques
- Co-operation/teamwork
- Competition
- Analysis and evaluation
- Preparation for life and participation
- Health and fitness
- Tactics
- Challenge

For Years 3 and 4 this also includes swimming.

The PE units delivered throughout school, incorporate the key elements within the head (thinking), hand (doing) and heart (behavioural change) outcomes. Each unit enables children to learn new skills and find out how to use them in different ways. Children develop their fundamental movement, physical skills and techniques, which are then applied as part of activities, games, sequences or performances. Children learn and apply skills and tactics, such as in games. They develop an understanding of how to succeed in different activities and learn how to evaluate and recognise their own success. Children are encouraged to describe and make simple evaluations on their own and others work, and to use their observations and judgements to improve performance. They cooperate by working in pairs or as part of a team and learn to problem solve, such as in outdoor and adventurous activities. Within PE lessons, children learn to communicate, collaborate and compete with each other. Competition may be within tasks throughout the unit, competing to gain personal bests or against others as part of a group or team, or can be as an end of unit intra-house or class competition. Children discover their own preferences for different activities and develop positive attitudes to participation in physical activities. They learn about the benefits of exercise and healthy choices which help contribute to a healthy lifestyle.

Health and Well-being

At BJPS we are committed to providing children with opportunities to be active throughout the school day and to learn healthy active habits which they can continue through life. Children learn how to improve their fitness, health and well-being through knowledge and application in the curriculum. They have active bursts or mindfulness breaks within the classroom, such as through cardio or dance bursts, and mini yoga and mindfulness sessions. There is a wide range of opportunities to be active throughout lunchtimes, with a comprehensive timetable of Personal Best activities, games and sports on offer. The school holds health and well-being days every half term to educate and promote a healthy lifestyle, physical activity and ways to improve mental wellness. These days enable a focus on ways to improve well-being and how to be healthy in terms of food, activity and daily habits. Children are able to experience different types of sports and activities to those on offer in the curriculum and learn how they can use easily accessible techniques or their locality as a way to be active or mindful.

Extra-curricular activities

We provide a wide range of engaging opportunities for all pupils to enhance the PE and sports provision provided in PE lessons. Through lunchtime and after-school clubs, children can apply and further develop the skills taught in lessons, or take part in alternative sports and activities to what is on offer in the curriculum. Our clubs are run by our in-house Sports Coach, school staff and other outside providers, which enables us to provide a wider range of activities and teaching styles to further engage pupils in physical activity and sport. Children can learn new skills or apply and refine ones already taught in the curriculum, giving them more opportunity to improve and excel.

Competition

At BJPS all children engage in regular competition, enabling them to apply their knowledge and skills to be the best they can be individually and as part of a team. Children compete in a wide range of sports and activities through intra-school or intra-house competitions within lessons or at the end of a unit. Each year, children compete in a whole school sports day, which encompasses individual competition, such as in running or obstacle races, as well as through our House “potted sports style” competition where children take part with pupils from mixed year groups from their house, competing in a wide range of activities with a real focus on team work. There are regular opportunities to compete in Personal Best activities and competitive games at lunchtimes. The school also participate in a wide range of developmental and competitive events for inter-school competition through the School Sports Partnership and Equals Trust.

Community Links

At BJPS we make valuable links with the community to broaden the children’s physical and sporting opportunities. Local clubs provide taster sessions for children to experience sports and activities that they can then participate in out of school. Links with clubs such as Burton Joyce Football Club and Table Tennis England enable children to develop their skills and take part in regular competition. Through good community links our pupils can more easily access what is on offer beyond the school.