



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 some of 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 participate in competition and to develop and apply their skills and knowledge in a competitive nature, and gives opportunities for children 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. We deliver the National Curriculum through the Get Set scheme, where pupils acquire a comprehensive knowledge and understanding and develop physical, social, emotional and thinking whole child objectives. Effective delivery of the National Curriculum Expectations incorporating whole child objectives 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, giving the children a secure foundation for the next phase of learning. 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 adapted and logically developed tasks, endeavour to provide a stimulating, enjoyable, and appropriately challenging learning experience for our pupils. It is intended that all our pupils will enjoy personal success in PE and be motivated to further develop their individual potential. Staff ensure our PE curriculum and delivery is inclusive to all pupils, no matter their ability or need. Teachers may modify or adapt lessons or activities for individuals or groups of children through a STEP approach, adapting the Space, Task, Equipment or People involved.

Reception children receive one hour teacher-led PE lesson per week in addition to other Physical Development activities. All classes Y1-6 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.

Big Ideas of PE

When planning, adapting and teaching PE units, each unit will incorporate Big Ideas 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 thinking, doing and behavioural change outcomes.

In each unit, pupils acquire knowledge and understanding including associated vocabulary, 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 understand early physical experiences can have a lasting impact on lifelong participation in sport and subsequent health and wellbeing. We are committed to providing children with opportunities to be active 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.

As a school we promote positive life choices and a wide range of opportunities to be active, such as through clubs and lunchtimes, with a wide range of Personal Best activities, games and sports on offer. The school holds 'Well-being days' at the start of each 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 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 areas and activities in their locality as a way to be active or mindful.

These days are based around four key aspects: Be Connected; Be Active; Be Mindful and Be Mentally Active.

Be Connected

Being social with our classmates contributes to positive wellbeing. This time allows you to work together, communicate and connect with your class!

Be Physically Active

We all know exercise can be good for our bodies but it also helps our mind too! This time allows you to get moving and release those happy chemicals in your body!

Be Mindful

When we take time to be calm or relax we notice what is going on in our body and mind - an important skill for staying mentally healthy. Take time to check in with your thoughts and feelings!

Be Mentally Active

Lifelong learning keeps our brains healthy, and the sense of achievement we get from learning something new can be great for our mood.

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. They can learn new skills or apply and refine ones already taught in the curriculum, giving them opportunities to improve and excel. Our clubs are run by our in-house Sports Coach, school staff and other outside providers, which enables us to provide a wide range of activities and teaching styles to further engage pupils in physical activity and sport. Pupils are part of the planning process for extra-curricular activities to ensure maximum participation and enjoyment.

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 teamwork. Our Year 6 Leaders play an important role in lunchtime activities and Sports Day, developing their communication and social skills, demonstrating great leadership and commandeering our PRIDE values. There are regular opportunities to compete in Personal Best activities and competitive games at lunchtimes. The school also participates 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 emotional, 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. Our feeder school, Carlton Le Willows Academy, actively support our annual sports day – giving their pupils opportunities to develop as leaders, and our pupils a positive experience with KS3 pupils and staff. Through good local community links our pupils can more easily access what is on offer beyond the school and further understand the importance of PE.