

Intent:

What do we want children to learn?

At Grange Junior School Physical Education lessons develop a child's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. A varied curriculum is in place to support this, with activities including: dance, athletics, gymnastics, games, swimming, water safety and outdoor adventure activities. We aim, in PE to promote an understanding in children of their bodies in action. It also involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. This enables children to make informed choices about physical activities throughout their lives. Our curriculum enables children to experience, develop in, and enjoy a broad range of sporting activities, as well as instil the schools core values, **resilience, support, reflection, bravery and aspiration.**

What P.E. looks like at Grange Junior School...

Each class has access to 1.75 hours of high quality PE lessons every week. These are either taught by the class teacher/lead PE teacher in each year group, or by dedicated sports coaches. Children are given the opportunity to practise skills and a sport in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills and sports are recapped throughout the year and across the year groups, each time allowing previous learning to be built upon. Year 3 receive weekly swimming lessons. These lessons run through most of the whole year

Physical Education in a Nutshell



Grange Junior School



Implementation:

How do we do it at Grange Juniors?

Our PE curriculum is based on the National Curriculum. Progression of Skills documents allow teachers to build on the skills needed to meet the end of KS objectives in Year 6. Our long term plan is broad and balanced, allowing children to access a wide variety of high quality PE and sports provision. The long term plan begins by focussing on the fundamental skills (ABC) and then moving onto skills and activities that can lead to different sports. As the pupils progress further up school, we start making the links between sports and the specific rules, especially as in Year 5/6 children may represent the school in representative teams. Children are given plenty of opportunities to build upon prior knowledge and are given plenty of opportunities to take part in competitive sports throughout the year, as well as applying skills learnt in their own child-led learning. Teachers are encouraged to use a wide variety of resources and schemes of work to plan lessons, along with the PE Progression of Skills, when planning their lessons. Provision is enhanced through the use of the Sports Premium Funding and our strong links with Premier Sports.

Impact:

On leaving Grange Junior School children will:

The impact of our Physical Activity, Physical Education and School Sport curriculum will be measured in the children's levels of health and well-being. Through our pupil voice we will demonstrate children who have developed physically and are able to discuss Physical Education using appropriate vocabulary. We will see children who are active for longer parts of their day and then want to continue this into later life. Our outcomes will see children taking greater responsibility for their learning in P.E and achieving, more children joining extra-curricular clubs and a higher proportion of children will represent our school in Inter-school competitions showing good sportsmanship. They will also have the ability to swim 25 metres before the end of Year 6 and the knowledge of how to remain safe in and around water.