



Why PE?



Faith, Health and Wellbeing

A message from Mr Felton our PE lead:

PE falls into our faith and wellbeing strand. With so many children spending increased time inside, it is important for children to understand and lead a healthy and active lifestyle and how it can influence their general wellbeing. By introducing our children to a variety of opportunities such as competitions, festivals, extra-curricular sports clubs alongside high quality PE lessons, we hope to inspire them to find a love for keeping active and for it to become a habit in their lives.

Design and Purpose

The PE curriculum design is child centred through a bespoke physical education programme focused on the individual needs of each child. This ensures the personal progress of knowledge and skills at each age and stage. Children start their journey at Darlinghurst in early years where we develop their gross and fine motor skills as part of their early learning goals. Engaging in PE lessons means that they develop the foundational skills and start to understand the importance of being healthy and active. As they progress through the academy, we provide them with opportunities to increase their physical confidence and abilities, including healthy competition. Health and fitness remains an important element for sustainable health behaviours and is supported through our Health Related Fitness module. Within this module our children learn not only how to be healthy but also how it can affect mood and the risks associated with an inactive lifestyle.

Progression of knowledge and skills is mapped across progression rivers for the 5 PE Strands:

Gymnastics

Dance

Athletics

Invasion Games

Health Related Fitness.

The PE attributes: determination, teamwork, respect, honesty, passion and self-belief are promoted within lessons where appropriate. Learning and competing in a range of sports in school and at tournaments and festivals will help to embed important British values such as fairness and respect whilst at the same time allowing our children to build character and develop their learning and life skills. Each PE lesson starts with a warm-up and some time to reflect on previous lessons to show what they know and can do. This includes the development and use of PE vocabulary.

Difference

PE lessons ensure that our children build their knowledge and motor competence within the curriculum so that not only do they know what to do to improve but also know how to do it. This leads to more progressive outcomes. Think of it like a Jenga tower, we help the children build a foundation which they can then add knowledge blocks

Build a foundation

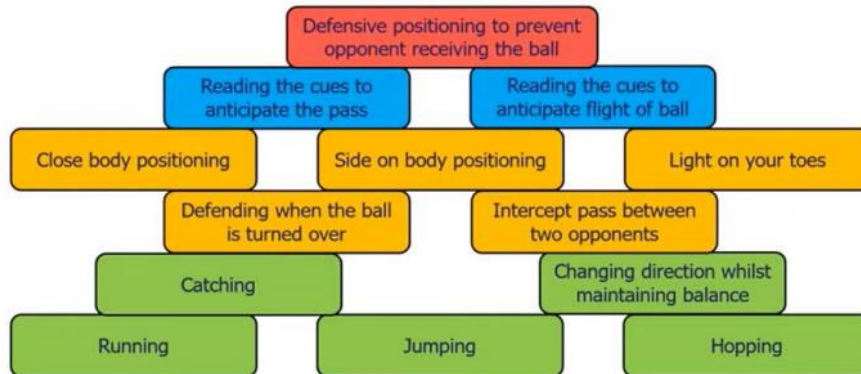
Building and develop skills

Develop and embed skills

Embed and apply skills

Apply and practise

Below is an example of an invasion game (netball) Jenga tower. From starting with simple foundation skills (green) and then building, developing the next blocks of skills (yellow). We can then start to teach the children to apply and embed the skills (blue) until they finally are able to apply them to a game with practise (red).



Our children demonstrate knowledge and skills at key milestones within each PE strand. For example, in gymnastics at milestone 1 they should be able to copy and explore basic actions with some control and co-ordination. By milestone 2 they will be able to copy remember, explore and repeat simple actions and link various ideas with control and co-ordination. They are assessed within each strand to decide whether they have a basic, advancing or deepening understanding of that area of PE. Our intention is to make sure our children have the knowledge, skills and confidence to enable them to progress throughout each key stage and understand pathways to sport outside of education. At the end of KS2 our children are secondary ready with many of them taking PE as a GCSE and A level, and sometimes coming back to us to complete work experience with the PE department.

Quotes from children

'PE is fun, and it keeps me healthy, we get to do lots of different sports and competitions. I wish we could do PE all the time!'

'I love PE because it keeps me healthy, and we get to play games in the lessons. I really love playing dodgeball'

'I've never really found a sport I like and then we did hockey in PE lessons. I found I was pretty good at it and my PE teacher told me about a club I could attend outside of school. I have joined and have also represented the school in a hockey competition. I even scored a goal!'

'Achieving Excellence Together'