



Why PE?



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 mental health and 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

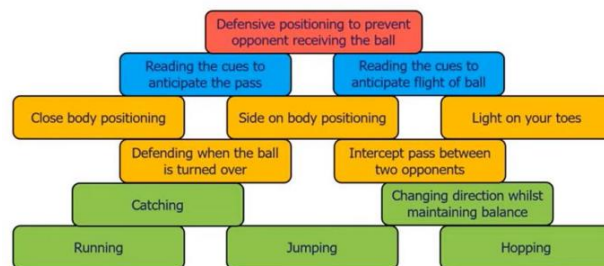
The PE curriculum design is child centred through a bespoke physical education programme focused on the individual needs of each child. This ensures the personal progress of knowledge and skills at each age and stage. Children start their journey at Darlinghurst in early years where we develop their 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 and 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

As active participants our children build their knowledge and motor competence within PE lessons 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 to.

- 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.

'Achieving Excellence Together'

PE Reflections and celebrations

During each academic year children will participate in 3 of the 5 strands of PE. Invasion Games, Dance, Gymnastics, Athletics and Health Related Fitness.

Here are some examples of PE:

In the Early Years children will revise and refine the fundamental movement skills they have acquired throughout Nursery and Reception such as running, rolling, hopping, jumping and climbing. They will progress towards a more fluent style of moving, with developing control and grace. They will develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.

Example of Year 1 Gymnastics. Children start to explore basic actions demonstrating control and co-ordination. They will also begin to choose and link basic actions and learn how to use apparatus safely.

Example of Year 2 Gymnastics. Children will explore and repeat simple actions varying speed and levels. Select actions to construct basic sequences and perform on apparatus.

By the end of this milestone they are able to Construct a basic sequence and begin to identify the difference between their performance and that of others. They will also understand and know the skills needed to hold a balance and use the apparatus correctly and safely.

Example of Year 3 Athletics. Children start to learn how to run at a speed appropriate to the distance, different types of jumping skills and the various throwing techniques.

Example of Year 4 Athletics. Children learn how to improve and sustain running techniques at different speeds. Demonstrate accuracy and technique in a range of throwing and jumping actions.

By the end of this milestone they are able to demonstrate good control when running, throw a variety of objects in a specific direction using the correct technique and be able to adjust their techniques in throwing, jumping to improve the outcome.

Example of Year 5 Invasion Games. Children take part in conditioned games in various sports developing their understanding of rules, tactics and skills needed to be competitive. They develop and refine their passing and receiving skills and techniques whilst learning how to play as a team and the importance of fair play and respect for the game and opponents

Example of Year 6 Invasion Games. Children continue to refine their attacking/defensive skills in various invasion style sports, especially those they will be introduced to at secondary school (hockey for example). They will learn how to be an active part of a team and be able to advise and help others to improve techniques and tactics during a game.

By the final milestone, children can take an active part in an invasion game, be able to pass and receive the ball accurately in opposed situations and combine them to suit the game. Understand basic tactics, attacking and defending strategies and be able to apply them at the correct time during a competitive game.

Our aim is to allow as many children as possible the chance to represent the school in a sport activity. During the academic year we enter approximately 30 inter school competitions and another 10 participation festivals. As well as this provision we also host sport events here at Darlington, inviting local schools to compete (and just participate) in a variety of sports including football, hockey, dodgeball and Boccia to name a few. We also endeavour to give a children the chance to take inspiration from sport at its highest level, taking them to various sporting events which have included GB hockey games, WSL football matches and GB diving team events.

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!'

Useful websites

www.activeessex.org

www.afpe.org.uk

www.youthsporttrust.org

www.change4life.co.uk

PE Gallery

