

*We always try to be that little bit better*

## Introduction

At the centre of our curriculum are our school aims and drivers, and high quality PE delivers these core values while laying the foundation for a healthy lifestyle. All children at Seaburn Dene engage in two high quality hours of timetabled PE a week, keep active throughout the day and have opportunities to perform in a competitive environment. PE lessons, physical activity and competitive sport are key building blocks of **aspiration** within our curriculum, and we encourage children who want to challenge themselves further to join one of our many extracurricular school sports clubs. We also inspire children to go the 'extra mile' and connect with one of the many fantastic sporting links we have at Seaburn Dene to further stretch their ambitions.

## Intent

Through a mixture of PE specialists, high quality coaches and schemes that are continually evolving and developing, children engage with a range of skills that are aligned with the National Curriculum. We want children to have multiple opportunities to practice their techniques and develop confidence and resilience - utilising a mixture of delivery approaches ensures that we have the highest standard of teaching across all areas.

Topics are carefully selected and sequenced to ensure children take part in a wide range of sports and activities. Topics are also selected in order to coordinate with competitions so that children get a chance to represent their school using their recently acquired skills.

In KS1 and EYFS children focus on the basic moves and spatial awareness. PE lessons are filled with rich activities to get the children moving in a correct and safe way e.g. running, hopping, jumping, skipping and changing direction. These skills, as they start to be refined, will then be transferred into small game scenarios where the children are taught rules, self-control and teamwork.

As children move up into KS2 they focus on specific sports. Skills learnt in KS1 are refined further and mastered, ready for competition. Techniques in body movement, hand eye

coordination and the manipulation of equipment are explored to a higher level. Some of the sports that are delivered in KS2 include: basketball, football, handball, cricket and athletics.

We believe competitive play is an important aspect of PE and we believe it is crucial that children show the **determination** to beat their best, but also recognise the importance of **respect** and self-discipline. This is demonstrated in every PE lesson, nurturing a growth-mindset for self-improvement.

At Seaburn Dene, we showcase a passion for PE and sport in a variety of ways. From celebrating sport in assemblies, to having meetings with the play leaders. We will ensure that children are given the opportunity to compete for their school in external competitions. We want children to **aspire** to be the best they can be and know that their dreams and ambitions can be fulfilled with ambition and resilience, but also teamwork and fair play.

We provide an equal opportunity for SEND children to participate in PE in our school. They are supported in their learning across the curriculum: 1:1 and small-group support is given when needed. Children who are also working at greater depth are also identified, stretched and challenged through questioning and physical challenges.

## **Implementation**

### ***Planning***

1. Long term: Each year group is allocated two PE foci per half term from a large range of sports or skills, including: tag rugby, basketball, swimming, athletics, gymnastics, hockey, netball, dance, football, tennis and more. Where possible, sports are selected at specific times of the year to match sporting competitions. Adjustments may also be made throughout the year depending on specialist coach availability.
2. Medium term: An overview of the skills taught in each unit is provided ensuring skills are built upon in each session. Where coaches are used, they also provide a medium term overview for class teachers.
3. Short term: Where a unit is taught by the class teacher, individual lesson plans for PE are provided through high quality schemes. Within these sessions children are exposed to the following:
  - A thorough warm up - discussing the importance of warming the body up and the function of the heart.
  - Skills to practice and develop with valuable teaching points to ensure all staff are confident when delivering the session.
  - Games that incorporate skills learnt within the lesson.

- Warm down opportunities and the importance of bringing the heart rate down after exercise.

### **23/24**

This year we are utilising the high quality scheme 'Real PE' to further enhance our provision of PE. In KS1, RealPE will form the central focus for skills, gym and dance, while in KS2 it will sit alongside sports that the children continue to enjoy and have the opportunity to compete in throughout the year.

RealPE will ensure children are well rounded in not only physical fitness, but also in their social and personal development.

To enhance PE in our school further, we also provide:

- Extra-curricular clubs
- Intra- school competitions
- Cluster competitions with local schools
- Further-reaching competitions within the city
- Opportunities to develop children as coaches, through our Play Leaders scheme
- Daily mile throughout the school
- Model sports professionals come into school to inspire the children further.
- Participation in wider networks, eg Schools Obesity Project, to further increase activity levels.

### **Teaching**

We like to see the children moving as much as possible in PE lessons! PE lessons are highly practical and skills and drills are always modelled to a high standard. This may be from an adult or pupil where appropriate. Visits and visitors inspire children and enable them to apply their skills and build upon the appreciation of PE in its wider context (e.g. Newcastle Eagles, Boldon Tennis Club, Whitburn Cricket Club.)

### **Environment**

The learning environment for PE is crucial. We utilise the sports hall and main hall for PE lessons that require gymnastic equipment, music and specific skills. We also have access to the yard, to utilise the sports markings on the playground and, in the summer months, the school field to focus on other areas.

### **Impact**

We measure our impact of our curriculum through the following methods:

- A reflection on standards achieved against a clear skills progression document
- AfL in each session
- Pupil voice and parent feedback
- Monitoring
- Flashback 4 - revisiting, and assessing, previous learning.
- Flash Forward 4 - identifying careers, vocabulary and aspirational links from PE and healthy lifestyles to the real world.

#### Formative assessment

PE is assessed on an ongoing basis through every lesson so that personal challenges can be adjusted. A final judgement is made at the end of each unit using elements of the National Curriculum, but also skills that have been broken down using the Seaburn Dene 'Knowledge and Skills Progression' document. There is no formal end of unit test or physical examination.