



Curriculum Policy - Physical Education

2024-25



Curriculum offer:

At Cedars Primary school, teaching and learning is based upon a language rich thematic curriculum where pupils are exposed to a range of experiences to enhance their knowledge, understanding and long-term memory.

As a result, pupils at Cedars are confident, aspirational, articulate learners who are ready for the next stage of education.

PE Intent:

At Cedars Primary School, we aim to develop pupils who will be physically active and can flourish in a range of different physical activities. Our aims are to fulfil the requirements of the National Curriculum for PE; providing a broad, balanced and differentiated curriculum; ensuring the progressive development of knowledge, skills and vocabulary and for the children to develop a love of PE. Furthermore, we aim to inspire in pupils a desire to continue their learning outside of lessons. The aims of our PE curriculum are to develop pupils who:

- are willing to practise skills in a range of different activities and situations, alone, in small groups and in teams, and to apply these skills in chosen activities to achieve exceptionally high levels of performance;
- have a keen interest in PE - a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extracurricular sport;
- develop sportsmanship and teamwork skills and are able to demonstrate these skills in competitive situations;
- are equipped with the language to be able to discuss their learning and confidently explain their understanding in small groups;
- know how to play sports safely and follow correct procedures;
- are able to evaluate and improve their own and others' performance;
- lead a healthy lifestyle which is achieved by exercising regularly and by eating sensibly;
- are able to remain physically active for sustained periods of time and have an understanding of the importance of this in promoting long-term health and well-being;
- take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others;
- employ imagination and creativity in their techniques, tactics and choreography;

- can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water.

Implementation:

Teachers are provided with a cycle of lessons for PE, which carefully plans for progression and depth of learning. Within this a wide range of sports and activities are delivered from Nursery to Year 6 enabling pupils to develop their knowledge and skills in physical education in a variety of different areas. Adapting the lessons is key here to make all PE lessons fully inclusive and to extend the learning of the gifted and talented pupils.

Specialised sports coaches team teach some of our physical education lessons. This ensures pupils are receiving high quality Physical Education and teachers are receiving CPD whilst the sessions are being delivered.

Alongside our curriculum provision for P.E., we also provide all pupils with the opportunity to participate in many different sports clubs and outdoor learning. These clubs may be provided by class teachers, members of SLT or an external coach (detailed above). Pupils are consulted yearly about which sports club they would like to be offered. The outdoor learning sessions take part during curriculum time. Each pupil in Year 3-6 have a 4/5 week course each year.

Pupils are encouraged to take part in competitive sport during their time at Cedars. During the year there are regular celebrations, e.g. Dance or Gymnastics, and competitions e.g. football or cricket. These usually take place within year groups at the end of a teaching unit. At the end of the school year pupils compete in a competitive school games event. Everyone is involved, families are invited to watch and winners are found across many different athletic events.

Cedars also encourages pupils to apply their skills and knowledge in sports against other schools. Currently, sports that we compete in during the academic year are boys' football, girls' football and cross-country.

Cedars Primary School is part of the Blackburn with Darwen School Sport Partnership. This provides competitions for our pupils against other schools, CPD for staff and leadership opportunities for our pupils. All pupils are encouraged to take part in after school sports clubs and represent their school.

Impact:

Our PE Curriculum is high quality, well thought out and is planned to demonstrate progression. We focus on progression of knowledge and skills in the different physical activity areas and like other subjects discreet vocabulary progression forms a part of the units of work.

If children are keeping up with the curriculum, they are deemed to be making good or better progress. In addition, we measure the impact of our curriculum through the following methods:

A reflection on standards achieved against the planned outcomes.

Pupil discussions about their learning.

Photo / video analysis through recordings of performance in lessons.

The termly tracking of standards across the curriculum.

The impact of our P.E curriculum is also measured in the uptake of our sports after school clubs and participation in inter school sports competitions. Each year we aim for more pupils to have attended a sports club or competed against another school in a sport. The PE coordinator tracks participation levels yearly. If pupils cannot attend clubs, every child takes part in our intra sport events, which take place during the school day. Through discussions with School Governors (currently Mrs Khan) we are able to involve families and the wider community in our learning.

Review Approval Body:

Date Approved:

Next Review Date: March 2025

Subject Leader: A Watkinson