

Physical Education

Introduction to P.E

Every class at Sunnyside will access 120 minutes of physical activity each week. This is achieved through P.E lessons led by the sports coach, Drumba lessons led by the Drumba coaches, daily 10 classroom activity (daily mile), break and lunchtime activities, after school sports clubs and KS2 swimming lessons at the local leisure center. We follow the guidance of the national curriculum making sure that a high level of physical education is taught throughout the school. Opportunities are given to students so that they can compete in sport to develop their understanding of winning and losing which builds on their character and helps to embed values such as fairness and respect. The importance of P.E is celebrated on sport relief week and our school sports day.

Curriculum Intent

Through the P.E curriculum at Sunnyside, we aim to prepare our learners for their future by giving them the opportunities to learn and develop skills, build on their character and gain knowledge that will equip them for the rest of their lives. We offer a wide range of high-quality sporting activities which engage and develop our children both physically and mentally. Sports such as handball, hockey, basketball, tag rugby, gymnastics, dance, tennis, volleyball, badminton, cricket, rounders, dodgeball, athletics, boccia, darts, swimming and more, are all an example of the sports that are implemented through our curriculum. These sports and activities help develop the fundamental movement skills in key stage 1, working on throwing, catching, jumping, agility, balance and co-ordination and further building on these fundamentals in key stage 2, whilst allowing the children to evaluate, recognise and improve their own success.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Curriculum Implementation

Our whole curriculum is shaped by our school vision which aims to enable all children, regardless of background, ability or additional needs, to flourish to become the very best version of themselves they can possibly be. We teach the National Curriculum, supported by clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximize learning for all children.

To ensure a broad range of skills and understanding, P.E is taught across 8 main strands: team games, invasion Games, gymnastics, fitness, dance, net and wall, striking and fielding, athletics and swimming.

Curriculum Impact

At Sunnyside, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities in order for children to achieve age related expectations in PE. All pupils understand the values and importance of fair play and being a good sportsperson. Children will enjoy sport and will seek additional extra-curricular activities, both in school and external to the school environment. We motivate children to participate in a variety of sports through quality first teaching that is engaging and fun. In all classes, children have a wide range of physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child in order to motivate, engage and improve pupil's health. Year 6 pupils leave school with the skills to self-rescue in the water and swim 25 meters competently.

The P.E Curriculum

Key stage 1 Pupils are taught fundamental movement skills, to become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils are taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

Key stage 2 Pupils continue to apply and develop a broad range of skills, learn how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. Children develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils are taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

At Sunnyside we also provide swimming instruction for key stage 2 pupils. Pupils are taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

Planning for P.E

Here is an example of a scheme of work for year 3 and 4, which shows what sport they are taking part in, the skills they will be learning and the type of vocabulary they should be using. Each lesson progresses towards an end of half-term/term tournament based around the learned sport to develop pupil's understanding of winning and losing and embed values such as fairness and respect.

PE Curriculum - Year 3 and 4						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of study	Team Games Team Game / Dodgeball	Invasion Games HANDBALL	Fitness CIRCUITS DANCE/ GYMNASTICS	Net and Wall TENNIS	Athletics TRACK AND FIELD	Striking and Fielding CRICKET
Skills	Week 1) Team building games Week 2) Team relays Week 3) Team Tag Week 4) Throwing Week 5) Catching Week 6) Dodgeball tournament	Week 1) Attacking Week 2) Defending Week 3) Throwing & Catching Week 4) Possession Week 5) Scoring Week 6) Handball tournament	Week 1) Cv circuit & Fitness Testing Week 2) circuit (agility balance co-ordination flexibility focus) Week 3) circuit (upper body focus) Week 4) Circuit (core focus) Week 5) Circuit (lower body focus) Week 6) Cv Circuit & fitness testing	Week 1) Reactions (throwing and catching) Week 2) ball manipulation on racket Week 3) bat skills & hitting(4 hits) Week 4) attacking Week 5) defending Week 6) Tennis Tournament	Week 1) running (short distance) Week 2) jumping (for distance & height) Week 3) throwing (for distance) Week 4) throwing for accuracy Week 5) running (long distance) Week 6) mini Olympics	Week 1) Throwing Week 2) Catching Week 3) Striking Week 4) Fielding Week 5) Bowling Week 6)Cricket tournament
Vocabulary	Jump, throw, catch, dodge , sportsmanship, winning, losing , respect , fairness , honesty , encourage , ,communication , listen, share	Pass, Shoot, Score, attack, defend, dribble , Goal , possession.	Balance, warm up, stretch, cool down, circuit, station , pull ,push , land , hold ,	Hit, racket, strike, react , serve, return, bounce, attack, ,defend, Forehand, Backhand , Volley ,	Race, sprint, jog, relay, baton, throwing, Jump , pace , explode competition "On your marks get set GO "	Hit, catch , bowl, team, fielding, run, strike, out

Extra things planned throughout the year to celebrate P.E

Throughout the year we have regular competitions held and ran by the school games organisation. The School Games, which is funded by Sport England National Lottery funding and delivered by the Youth Sport Trust, is a government led programme designed to deliver competitive school sport to all young people. A network of School Games Organisers (SGOs) and Local Organising Committees (LOCs) have worked alongside the Youth Sport Trust in delivering three distinct levels of competition since the Games' inception in 2010 - ranging from intra - inter school activity, in addition to the National Finals, which is supported by National Governing Bodies.



At the end of the year we are given a school games mark (Bronze, Silver, Gold, and Platinum) which rewards schools for their commitment to the development of competition across their school and into the community. Participating in this process allows schools to evaluate their PE provision and assists them in developing an action plan for future progress

Throughout the year we have regular inter house sporting competitions with all the primary schools that are in the Spencer Trust, which allows the children to be active and compete against other children, but to also build relationships with children from other schools within the trust which can often prove useful for their secondary school friendships.



Every year we support the cause of sports relief by doing various sporting activities and events to raise money for charity and improve children's understanding of wider issues. We do this by:

- An assembly to understand the cause
- Come to school in sports clothes or something red
- Fun run or Daily Mile
- Bring in 50p
- Sports competitions at break and lunchtimes through the week (with healthy snack prizes to be given out in shine assembly)



At Sunnyside, we aim for our school's sports day to be inclusive, fun and competitive. We have a wide range of sporting activities and events on this day which are accessible and suitable for all ages and abilities. In the summer term,



the sports coach will plan all P.E lessons based on track and field events to give the children an understanding of the type of activities and events that will take place on the day, and equip the children with the skills to participate.

Evidence of P.E

As P.E is a subject that involves practical activity, most of the assessment is done by observation and video evidence of pupil's learning should be saved on Class Seesaw.

