

Lancaster Lane Statement for Physical Education (P.E.)

The teaching and learning of P.E. allows children to develop a core set of fundamental movement skills which they will apply across a broad range of physical activities. Children will grow in confidence so that they are able to access physical activity and sport at their own level. Our goal is to create learners who are physically active beyond primary school by equipping them with the knowledge and skills that they need in order to ensure long-term healthy and active lifestyles. All children, during their time at Lancaster Lane, will have opportunities to engage in competitive sports and activities tailored to meet their needs. Aspects of personal, social, emotional and health education are embedded throughout the units of study in order to further our children's understanding of themselves and others.

Our Reception children follow the Physical Development strand in the Development Matters Early Years curriculum. Children will engage with activities linked to their interests, where possible, in order for them to develop good control and co-ordination in large and small movements. As part of continuous provision and P.E. sessions, they move with increasing confidence in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. Achieving these goals will enable our children to be ready for P.E. in Key Stage 1.

The National Curriculum 2014 states programmes of study to be delivered in Key Stage 1 and Key Stage 2. We have tailored these programmes of study to suit our children, making learning more relevant for them.

In Key Stage 1, children are taught to:

- Master basic movements 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

In Key Stage 2, children are taught to:

- Use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

In particular, children should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

Children in all year groups have access to enrichment opportunities in P.E. We belong to a sports partnership that provides competitions and events at Level 1

(intra-school), Level 2 (inter-school) and Level 3 (cross county). All children in school will take part in a Level 1 competition, whether that is a Christmas-themed multi-skills event in Reception, or a sports-hall pentathlon in Year 4. We also provide additional opportunities created by developing links with local sports facilities and physical education providers.

Children will be assessed using the core tasks provided within the Lancashire P.E. scheme of work. Teachers make use of the P.E. Passport app which enables them to record and input assessment data during a lesson which is then recorded into each child's portfolio. Assessments may be made with the support of the P.E. teaching assistant and subject leader. It is the role of the subject leader to monitor and evaluate the effectiveness of the units taught against the desired outcomes for each unit. Alongside this, children will also partake in a Level 1 (intra-school) competition provided by the School Sports Partnership which will provide data relating to each child which might help to highlight strengths and weaknesses for individuals, groups, or across our school on the whole.

To be reviewed September 2022.

