


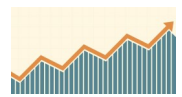



P.E at St Andrew's



<p>We believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being. Our broad and balanced physical education curriculum is intended to provide for pupils' increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. Key learning objectives, combined with sympathetic and varied teaching approaches, endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all of our pupils. Through the selection of suitably differentiated and logically developed tasks, it is intended that our children, irrespective of their innate ability, will enjoy success and be motivated to further develop their individual potential. Therefore all children at our school have access to at least two hours high quality PE a week as well as a range of physical activity offered in and around the school day.</p>	<h3>BIG IDEAS</h3> <p>Healthy lifestyle- - all children to understand the importance of exercise and the body on keeping healthy and to take these skills into adult life.</p> <p>Wellbeing— all children to understand the positive impact of exercise on mental wellbeing and reduction of stress as well as the realise of positive hormones.</p> <p>Competitiveness -engage in competitive sports and activities</p> <p>Skills—a progression of skills from EYFS which then allow children to apply skills to all competitive games.</p> <p>Working collaboratively— to be able to work as a team in all areas of PE to achieve a common goal</p> <p>Life long values—children to use sport to understand and use the key vales of our school and apply these to real life situations which in turn will allow children to be prepares for adult life. Values such as: compassion, perseverance kindness, respect.</p>	<h3>CONTENT & SEQUENCING</h3>  <p>P.E. is taught as an area of learning in its own right as well as integrated where po other curriculum areas. This may include swimming, gymnastics, dance or games incorporating areas of athletics, outdoor/adventurous and competitive games. It is taught at a minimum of two PE sessions a week.</p> <p>EYFS—We recognise the importance of Physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development; Moving and Handling and Health and Self-care</p> <p>One of the two hour sessions per week focusses on competitive games at age appropriate levels.</p> <p>Year 1/2— jumping, running, throwing, sending, receiving, small sided games.</p> <p>Year 3/4— invasion games, net and wall games, striking and fielding</p> <p>Year 5/6—a range of sports such as: hockey, Lacrosse, table tennis, softball, Frisbee</p> <p>Another session a week for P.E includes one of the following: dance, gymnastics, athletics, adventurous and heath related fitness. Key Stage 2 pupils also attend swimming lessons during the year.</p>	
<h3>LINKS WITH ENGLISH & MATHS</h3> <ul style="list-style-type: none"> • Speaking and listening skills • Active maths and SPAG sessions • Use of ICT for coaching and improving performance • Maths skills for timing and measuring 	 <h3>RETRIEVAL PRACTICE</h3> <ul style="list-style-type: none"> • Units of work are carefully sequenced to build on prior knowledge and understanding from previous year groups. • By upper KS2 skills should be applied across all games introduced. • Principles of attacking and defending built upon and recalled in each year group. 	 <h3>PROGRESS</h3> <ul style="list-style-type: none"> • Units of work are carefully sequenced so prior knowledge and concepts are built upon from previous year groups and units. 	 <h3>SUPPORT</h3> <ul style="list-style-type: none"> • Everyone has access to the National Curriculum Programmes of Study. • Differentiation as needed during lessons • Working closely with CGS Outreach