

Physical Education

Physical Education Rationale

At St Michael and All Angels, we want our children to strive to be nutritionists, personal trainers, sports journalists, gold medal winners or indeed become Physical Education teachers! We want them to embody our core values. Our children will always strive to be "Ready, Willing and Able" to learn and develop. We are champions in many sporting areas e.g. Kirkby Football events and Kirkby and we have pupils who have achieved success in becoming Knowsley Cross Country Champions. Bringing Physical Education alive in a modern and challenging and rapidly changing society is important at SMAAA!

Intent

The PE curriculum at SMAAA promotes curiosity and a love and thirst for learning. It is ambitious and empowers our children to become:-
S-Sensitive M-Motivated A-Articulate A-Adventurous A-Adaptable.

We want to equip them with not only the minimum statutory Physical Education National Curriculum but to prepare them for the opportunities, responsibilities and experiences in later life.

For example, participating in local and Merseyside based competitions and having Knowsley Cross Country Champions. We want our children to use the vibrancy of our great town and city to learn from other cultures, respect diversity, co-operate with one another and appreciate what they have. We promote SMSC and Fundamental British Values and our core values placed at the heart of everything that we do. This often feeds into art and design. For example, we recently invited a local Paralympian into school to talk to all year groups about determination and positive attitudes to competition and staying healthy. We enrich the pupils' time in our school with memorable, unforgettable experiences and provide opportunities, which are normally out of reach- this, triggers their interests and passions. For example, taking Yr 3 children to a local gymnastic competition where they excelled. We firmly believe that it is not just what happens in the classroom, it is about the added value we offer to really inspire our children.

The PE curriculum, is intended to promote a positive attitude and enthusiastic approach towards developing practical skills in order to participate, compete and lead a healthy lifestyle. We aim to be inclusive in our approach and adapt to meet the needs of all learners.

We aim to provide an understanding of the skills, techniques and tactics to enable our children to engage in a variety of sports.

We want to equip them with not only the minimum statutory requirements of the physical education but to prepare them for the opportunities, responsibilities and experiences of later life. We offer a range of sports in extra-curricular clubs to develop skills and talents further and enter our children into a variety of competitions.

We aim for children to recognise and understand the importance of leading an active and healthy lifestyle and provide them with the knowledge and skills to enable them to fulfil this.

Implementation

The PE Subject Leader completed an PE Audit and review of curriculum Spring 2019. On the back of these findings from this audit, the art and design curriculum was further enhanced to ensure planned learning opportunities and assessment milestones for each year group. They carefully were crafted to ensure progression and repetition in terms of embedding key knowledge and skills. For example, we focus our teaching on six main strands of physical education; dance, games, gymnastics, swimming, orienteering and athletics. These are revisited year on year where pupils progressively build their skills and knowledge. For example, In addition to this we provide specialist swimming teaching to pupils in Year 4, Year 5 and Year 6 for a whole term. The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.

We allow our staff to organise their own year group curriculums under the guidance of our subject leaders as we feel teachers are best placed to make these judgements. Staff develop year group specific curriculum maps which identify when the different subjects and topics will be taught in PE across the academic year.

They link prior knowledge to new learning to deepen children's learning. At the end of each term there is an exhibition which allows children to showcase their work and enjoy the work of other children.

Staff also receive specialist INSET training during staff meetings. These Master Classes support their understanding of and develop their own skills. We have a specialist PE teacher to work alongside teachers for CPD. The aim is to plan progressive units of work together which will enthuse and inspire the pupils to reach their full potential. Teacher will learn new ideas and skills to develop their delivery of PE. Teachers' confidence in assessment will also be a focus.

Initially pupils take inspiration from local, national and international athletes to help generate ideas. They explore and practice the practical skills and techniques involved in the topic. They use their Professional Diaries to record their observations and to review and revisit ideas before producing a final piece.

Physical Education subject specific characteristics, which we expect the children to demonstrate, have been developed and shared with all stakeholders. These characteristics include:

- inspired to succeed and excel in competitive sport or other physically demanding activities
- physically active which supports health and fitness
- competent in a broad range of physical activities
- lead healthy and active lives
- perform dances
- communicating and competing with each other
- recognising success and demonstrate improvement to achieve their personal best
- willingness to practice skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve their personal best
- to take the initiative and become young leaders, organising and officiating, and evaluating what needs to be done to improve, motivate and in still excellent sporting attitudes in others
- to fully engage in extra-curricular activities
- to be successful swimmers and remain safe around water for the rest of their lives!

Our short-term plans, are produced on a half-termly and weekly basis. We use them to set out the learning objectives for each lesson, identifying engaging activities and resources, which will be used to achieve them.

We encourage our staff to teach weekly PE lessons. This is to ensure that the importance of the creative development and subject matter is revisited frequently.

We believe that by crafting our curriculum this way, we improve the potential for our children to retain what they have been taught, to alter their long-term memory and thus improve the rates of progress they make in each year group.

We encourage pupils to be physically active through various actions through -out the school day. In Breakfast Club, for example, walk a mile, yoga and Go Noodle. Our 30 minute pledge includes providing the children with short bursts of movement throughout the day in class (using Go Noodle, Lollipop sticks, Rise & Shine, Active Literacy and Numeracy) or completing a mile a day. We also have Play Leaders to encourage active play during lunchtime. We have a Walk Once a Week initiative to continue and build upon. We hold half-termly awards for class competitions that focus on a different skill each half term.

We continue to deliver healthy messages through Healthy Assemblies, holding healthy lunchbox competitions, Give Up the Gulp week, Smoothie/fruit salad weeks, etc.

We aim to develop our family involvement further by holding parent/child sporting event and delivering family healthy lifestyles courses. We will share more sporting and healthy lifestyle information via tweets to keep the parents informed and involved.

Impact

The impact being children are physically more active and choose a healthy lifestyle. They engage in healthy competition leading to building their resilience and confidence. Exercise encourages their brain to be engaged and focussed, ready for accessing the curriculum. Parents are able to support and encourage active and healthy lifestyle choices.

Children will make clear progression throughout the school. We use both formative and summative assessment information in every PE lesson. Our curriculum has key objectives. We have set out our expectations around these milestones. Each milestone has a set of indicators that are, repeated through three cognitive domains: Basic, Advancing and Deep. It is, expected that the vast majority of pupils will have an "Advancing" understanding by the end of the Milestone and some will have a "Deep" understanding.

The assessment milestones for each phase, have been carefully mapped out and further broken down for each year group. This means that skills in PE are progressive and build year on year.

Assessment information is collected half-termly and analysed as part of our monitoring cycle. This process provides an accurate and comprehensive understanding of the quality of education in PE.

The profile of sport, is raised and children are encouraged to experience a broader range of sport.

We assess pupils' depth of understanding frequently notably each term and use this to forecast as to whether pupils are on track to meet our curriculum expectations for the end of each Milestone each term. Assessment information is collected each term as part of the monitoring cycle. This process provides an accurate and comprehensive understanding of the quality of education in Art And Design.

The next PE monitoring will take place Spring 2020.

At SMAAA our children are athletes.

