



# Physical Education Guidance

Homerswood Primary  
and Nursery School

Written: December 2023

Review: December 2024

## **Physical Education Guidance**

### **Aims of the guidance**

- To establish an agreed approach to what constitutes quality teaching and learning in Physical Education
- To enable staff to identify key features of effective teaching and learning and help ensure they match the abilities, attainments, interests and experiences of pupils
- To provide an agreed focus for the monitoring and evaluation of teaching and learning in Physical Education
- To instil a love of learning and the ability to make connections
- To incorporate other aspects of the curriculum as outlined in the school's curriculum overview document.

### **Underlying Principles**

The following principles form the basis of this document:

- The needs and progress of the learner are central to planning, delivery and assessment of the curriculum
- Learning promotes sustained progress and achievement for all pupils, including those with SEND, disadvantaged and most able pupils.

### **Intent**

The National Curriculum for Physical Education (2014) states:

*A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.*

At Homerswood Primary and Nursery School, we believe that physical education is fundamental to children's learning and well-being. We aim to ensure that the physical education curriculum is inspiring and accessible to all children. We endeavour to help all our pupils become confident within their physical ability and understand how physical activity can benefit not only their physical health, but also their mental well-being.

We aim to provide our pupils with a well-resourced, safe environment where they can enjoy, explore and further expand their physical skills whilst feeling in control and taking risks to aid their learning. We also hope to develop the pupils' sportsmanship and learn how to respect, be resilient and communicate feelings with others whilst working as part of a team within sport.

In line with our beliefs, we follow a scheme of work called 'Get Set 4 PE' (<https://www.getset4pe.co.uk>) to support our teaching, subject knowledge and assessment; allowing us to continually deliver high quality Physical Education. This scheme of work is in accordance with the current National Curriculum guidelines and is adapted to suit the individual needs of children. Each lesson plan has progressive activities with cross curricular links and the physical, social, emotional and thinking whole child objectives. The whole child outcomes demonstrate developing children's confidence, competence, control, and character, as well as how to collaborate with others.

We are fortunate to have a school sports partnership with Monks Walk where young leaders from the school come in to teach our pupils a wide range of sports and activities. Through this partnership, our children are also regularly encouraged, and given the opportunity to take part in inter- school competitions, events and festivals within our local area. We also provide many after school, extra-curricular activities and clubs which currently are Yoga, Gymnastics, Fitness, Football and Hula Hoop Disco.

### **Implementation**

The content and sequencing of the 'Get Set 4 PE' scheme of work ensures that children build upon prior learning, create connections and positively develop their knowledge and skills within a range of physical activities. This enables our pupils to make good progress as they move through the school from Early Years to Year 6. This progression of skills can be found on our school website and is based on our 'Get Set 4 PE' curriculum.

All the children in the EYFS have access to the indoor and outdoor areas to develop and promote their gross and fine motor skills. The children also have the opportunity to develop their self care and independence skills during daily "rolling snack". During PE lessons, the children are given opportunities to participate in a range of different activities through our Get Set 4 PE scheme including; fundamental skills, games and gymnastics. It also allows the children to work individually and in small groups with a key focus on developing movement skills and learning through progressive games with a constant emphasis on fun and participation.

Years 1 to year 6 receive 2 hours of taught PE per week through a combination of physical education, physical activity and competitive sports. We cover a broad and balanced range of sports including; dance, gymnastics, invasion games, net/wall/racket games and striking/fielding games. We have timetabled access for each class in the hall every week, including using our playgrounds and fields for outdoor activities and lessons.

We have sports leaders from Year 6 who help to promote the profile of sport and movement throughout the school. They visit playgrounds and encourage and support children in a variety of games and sports. In addition the sports leaders also help plan whole school sports events for example skipping week, sports week etc.

Each lesson plan within the 'Get Set 4 PE' scheme of work has a range of progressive activities that are designed to inspire and engage the children. They each have clear success criteria, enabling the staff and children to understand how they can develop their skill level. It also contains clear information and teaching points to help teachers expand their subject knowledge. Each lesson is clearly differentiated in order to provide appropriate challenge for all pupils.

Alongside our PE lessons and break times, 10 minutes of additional exercise is participated in daily called 'Active Blasts' which could be set activities, running, yoga etc . Swimming lessons are provided for KS2 children by qualified swimming teachers. Premier Sports also carry out regular lunch and after school clubs (currently Gymnastics and Football).

## **Impact**

At Homerswood Primary School, we believe that with our diverse PE curriculum using 'Get Set 4 PE', alongside our personalised adaptations and offering a wide range of extra-curricular activities and clubs, will have a positive impact on children's achievements and progress. This is evident through the wide range of clubs accessed within our school, as well as our participation in inter-school competitions.

Teachers have access to a progression of skills document which ranges from Nursery to Year 6. This gives teachers a clear overview of the progression of skills children will achieve throughout each year group, within each unit taught. If children are able to achieve the learning objectives set, and work beyond these skills, they are deemed to be making good progress.

Teachers use the Get Set 4 PE online assessment tool where it is recorded if children are working below, within or above age related expectations. (EYFS assessment data is also transferred and compared to the development matters statements and the ELGs). These assessments are used throughout each unit with clear success criteria written for each. This, alongside the ability to record data regarding attendance at extracurricular activities, clubs and competitions, will enable us to track progress and accurately measure impact

In the summer term, all children take part in a fully inclusive sports week where they demonstrate many of the skills they have learnt throughout the year, as well as additional exciting sporting activities.

## **Safeguarding Links**

Through our PE curriculum at Homerswood Primary School, we support children to:

- ❖ Understand the importance of keeping a healthy physical and mental well-being.
- ❖ Recognise that everyone is different and they know the importance of developing a positive body image.

- ❖ Move themselves and equipment safely and apply skills in a physical space with an awareness of others.
- ❖ Show respect to all including peers, referees and staff who are making decisions based on their observations and knowledge.
- ❖ Set personal goals and encourage others to achieve theirs.
- ❖ work in teams and encourage others to play a positive role in games and physical and mental challenges.
- ❖ Select team members fairly and be inclusive to everyone.
- ❖ Develop positive care and organisational skills.
- ❖ Manage emotions including anger and disappointment especially when not being able to win.

### **Consultation**

This guidance was written in conjunction with the National Curriculum and in line with the values of Homerswood Primary School.

### **Written by:**

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