

## **Curriculum Statement for Physical Education (PE )**

“Sports are a physical activity that people do for fun and as a way to compete with others.”

*“Just play. Enjoy the game. Have fun.”*

(Michael Jordan)

### **Aims and Objectives**

At Cherry Tree, we recognise the importance of physical activity. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. The teacher should develop a scheme of work which will include progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils.

49% of our children say they do less than 1 hour or more of physical activity 3 times a week (SHEU survey, 2019) and only 29% of children claimed to be involved in sporting activities/clubs outside of school. It is for this reason that we aim to give our children not just the statutory 2hours of PE every week, but also opportunities to take part in physical activity in different contexts such as clubs, competitions and instructor-led workshops. We intend to provide our children with a wide range of fitness opportunities to engage them in and enthuse them about healthy living. In the same survey, 27% of children admitted to losing their temper or getting angry at least once a week so we realise we have work to do to improve our pupils' state of mind and recognise the part that sport and fitness can play in improving their wellbeing. Our children generally come from the local area, which is one of high deprivation. With this in mind, we aim to provide experiences that most children receive through links outside of school but our children do not, due to lack of parental engagement in their education or lack of financial means.

### **Visions and Values**

The school believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations.

### **Teaching and Learning**

PE is taught twice weekly, as a minimum. We use Get Set4PE and Yoga Bugs to support the teachers in delivering high-quality PE lessons, encompassing a range of sport and fitness foci. Included in the curriculum are traditional sports such as

cricket, hockey gymnastics and netball, high-level intensity activities such as fundamental and fitness units and more focused exercise in Yoga. During the Autumn and Spring terms Year 5 also have swimming lessons and Year 6 have them in the Summer term.

We run a number of clubs throughout the year that focus on physical activity, such as tag rugby, football, netball; athletics, etc. We also have a qualified gymnastics coach working here as an HLTA who runs gymnastics clubs.

Through academy trust events and the local Sports Partnership, we enter a small but growing number of sporting competitions throughout the year to give our children the opportunity of competing in sport. These competitions include small team activities such as orienteering, football and netball and are run by the Trust. We also lead our own EYFS (R) Key Stage 1 and Key Stage 2 Sports mornings and afternoons, incorporate a range of traditional competitive races such as sprints, egg & spoon and sack races. In February, we also enjoy pancake races.

Within the EYFS, daily opportunities are planned for to ensure the children develop physical skills. Following the Early Years Framework we believe 'By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies, social and emotional well-being' and fine motor skills demonstrate our children's ability to use control and manipulate concrete tools and resources.

Families at CTPS are signposted to various sport and fitness opportunities via our School Games display and by email, when leaflets/messages are sent to us for circulation.

### Assessment and Reporting

Teachers assess children in lessons using our 3-step success criteria, linked to age-related expectations. Which is then used to plan ahead for next lesson, supporting and extending children as necessary with assessment spreadsheets used to ensure progression of skills from Nursery to Year 6.