

Physical Education: Pedagogy

Aims of our PE curriculum

At Emmaus we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning. Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Teaching and learning

Our PE lessons are planned using the 'Get Set 4 PE' (2021) platform, which aligns with our core values, our whole child approach to PE and the objectives laid out in the National Curriculum. Progression is built into the scheme to ensure our children are increasingly challenged as they move through school.

Curriculum planning in PE is carried out in three phases (long-term, medium-term and short term). The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject leader works this out in conjunction with teaching colleagues and pupils in each phase. Together we create a broad and balanced curriculum that is exciting for our children to learn. Our medium-term plans give details of each unit of work for each term. These schemes of work provide an overview of the unit, links to other areas of the National Curriculum and assessment criteria for that unit. The short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area.

Each class has two PE lessons per week, indoor and outdoor. At Emmaus, we recognise the importance of getting at least 30 minutes activity in every day for every child, to do this each class participates in a daily mile, the children have active playtimes with each child in school having access to their own skipping rope as well as various other equipment. Teachers also take active breaks during class time using Active Blasts from programmes such as GoNoodle (2021). We also work with lots of local sports

clubs and Links School Sports Partnership to offer wider opportunities to sport and competitions. As well as these inter-school competitions we hold intra-school competitions such as school sports days and challenge days.

EYFS

We encourage the physical development of our children in the nursery and reception class as an integral part of their work. As these classes are part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Health and Safety

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma. Staff know about the safe practices involved in moving and using apparatus. Pupils wear appropriate clothing, remove jewellery and tie back long hair. Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics, dance and yoga. Correct use of equipment is taught along with any potential hazards. Equipment and apparatus are stored safely at the end of each lesson. Pupils are taught to consider their own safety and that of others at all times. Teaching staff should be appropriately dressed to teach PE. We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment stored.

For more information, please read:

Get Set 4 PE 2021 *Get Set 4 PE* <https://www.getset4pe.co.uk/> Accessed 18.05.2021

GoNoodle 2021 GoNoodle: The Good Energy Company <https://www.gonoodle.com/> Accessed 18.05.2021