

P.E. and Physical Activity

INTENT : At Parkdale, PE plays an integral role in our curriculum. We believe every child should develop physical competence and confidence, aiming to inspire the enjoyment of physical activity and a passion for sport.. Through exercise, we aim to promote physical fitness and a healthy lifestyle. We aim to give every child the opportunity to compete in a sport. We hope the enjoyment of exercise and the acquisition of skills will enable the children to continue physical activities into secondary education and adulthood.



THE CURRICULUM IN PE

Our curriculum has evolved to include a wider variety of sports, in order to promote inclusion and diversify the skills acquired. We focus on these sports in detail to enable children to access competitive game play. In each sport we follow a progressive curriculum, beginning in Early Years, to ensure children develop a solid basis of skills and knowledge in each sport. During each term, we focus upon two core sports. Additionally, a third sport, focusing upon flexibility, fitness and coordination will be interwoven through each term. We use Elite Swimming to provide a bespoke package of lessons on site each year.

WHAT ENRICHMENT OPPORTUNITIES DO PROVIDE?

Every child should experience sport as an enriching pastime, outside of PE lessons. The opportunity to build social skills, resilience, creativity and confidence will be nurtured across the whole school within a wider commitment to being a physically active, competitive school. We are part of the Creating Active School organisation and commit to 30 minutes of daily physical activity in addition to PE and break times.

WHAT APPROACHES TO TEACHING AND LEARNING DO WE USE?

We are committed to developing skills and sports knowledge through gameplay and activities in EYFS and KS1. Children should be playing competitive games or working to create performances in KS2. We are committed to regularly reviewing the effectiveness and impact of our PE provision. The standards and values of these reviews will be

1. Inclusivity
2. Opportunities to develop and progress
3. Pupil enjoyment
4. Staff confidence and knowledge

Physical Activity during lessons “active learning”, and between lessons “active breaks” are an expectation at Parkdale. We are collaborating to achieve Active School Status.

ADAPTATIONS TO SUIT A RANGE OF NEEDS

supporting all children to overcome barriers to learning, consideration is given to :

- Space
- Time
- Task
- Equipment
- Games

KEY RESOURCES IN SCHOOL:

- PE Team and experienced staff team
- Hall
- Field and pitches
- MUGA
- Forest School
- Reviewed inventory of sport equipment

Autumn

Tag Rugby

Netball

Circuit training and fitness

Spring

Table Tennis

Tennis

Dance

Summer

Cricket

Athletics

Gymnastics

Including :

Sports days, Termly house tournaments, After school clubs, Trips to Trent Bridge, Queens, Ice Arena, Football teams, Sheriffs Challenge, Sports visitors, Cycling days, Show Racism the Red Card events, Inter school tournaments

HOW DO WE EVALUATE THE IMPACT OF TEACHING AND LEARNING?

We use an external Kitemark standard to ensure quality of provision. In PE this is the School Games Mark, for Physical Activity this is the Creating Active School Framework..

- Lesson Observations
- Pupil voice
- Instant feedback
- Sports Leader demonstrations
- Assessment tracking
- School Games Kitemark
- Annual PE provision review

Success in 23-24 (looking back at aspirations)

1. Children more able to PLAY sports rather than focusing solely on skills.
2. Third ‘sport’ embedded. Not enough Dance identified as area to develop. KS2 Royal Opera Dance Day.
3. Hugely successful Swimming
4. Sport events already underway, great community engagement.
5. Aspiration to implement grass track cycling still underway.

How we will achieve subject on a page 2024-25

Focus for 2024-25

To ensure that Assessment of PE is meaningful, effective and ongoing.

Autumn

Observe the assessment of PE in all Year groups.

Create a simplified assessment grid to make assessment effective and timely.

Spring

Review Schemes of work to ensure PE is consistent and teacher confidence is supported.

Summer

Staff voice feedback on new assessment practice to ensure buy-in and effectiveness.

Focus for 2024-25

2. To celebrate and expand the 'third sport'. Focus on Dance and Gymnastics and work with Artsmark team.

Autumn

Continue successful Circuit training programme.

Spring

Organise a whole school dance project to celebrate success.

Summer

Gymnastics celebration. External gym display?

Focus for 2024-25

3. Build upon success of Cricket tournament and ensure community celebration of Sport and PE.

Autumn

Nominate Sports Leaders
KS1 Obstacle course.
KS2 Football (or other sport) tournaments in diary

Spring

Work with Sports leaders to organise Tennis/Table Tennis or Dance events for each year group.

Summer

Cricket tournament and Sports Day.
Sports people of the Year awards

Focus for 2024-25

Ongoing 'extras'

4. Aspirations

- to implement grass track cycling
Special focus days - Karate, Cycling, etc

Ensure whole school club provision (now not with an external provider) continues to provide PE opportunities. Incorporate role model athletes in each year group to research and celebrate the sports that we teach.

Additional for 2024-25

Review School Games Mark feedback and development areas.