



Physical Education at Perranporth School

Developed by Samuel Barnes with support of the staff at
Perranporth Community Primary School

Intent

At Perranporth school our aim for Physical Education is that all children have a healthy body and a healthy mind.

We believe that 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 mental and physical health and fitness.

We aim to use opportunities to compete in sport and other activities, against ourselves and others, and to build character and help to embed values such as fairness and respect.

Implementation

The curriculum has therefore been divided into seven key areas, these are used to ensure we create well rounded healthy individuals. This is taught using the Real PE online planning system, Arena planning and with the support of external professionals. We implement the following areas in order to achieve the desired outcomes:

Personal:

The first strand of our PE Curriculum focuses on the individual taking responsibility for their own learning, and ultimately their own health and wellbeing. Starting with being able to stay on task with support, building to taking control of our challenge and performance and constantly aiming to improve. Our PE lessons are structured to support this. The aim is for children to be able to create their own learning plan, revise that plan, accept feedback and make changes. We focus on this element during Autumn Term 1.

Social:

The second strand focuses on a child's ability to support and lead others. We aim to create individuals who are able to involve and motivate those around them to perform better. Being able to get the best from those around them allows children to move on to a higher level themselves. This starts with encouraging children to play with others with support, being able to help and encourage others, organise others and ultimately lead others. To further support this element all children in Year 5 and 6 receive leadership training. These individuals then lead sporting activities for younger children. We focus on this element during Autumn Term 2.

Applying Physical:

This element of our curriculum focuses on being able to effectively transfer skills across a range of sports. The children need to be able to perform a variety of skills consistently and effectively in challenging or competitive situations. The main focus for this is that the children can do it with consistency. It starts by exploring ways of travelling, linking these movements, performing with control and combining with fluency. We focus on this element during Spring Term 1.

Cognitive

We aim to support the children to be able to review, analyse and evaluate their own performance and that of others. This can then be used in game situations to allow them to react and read them as they develop. Starting in Key Stage One the children are taught to follow instructions, then to observe, describe, recognise and order instructions. By upper Key Stage Two they are then expected to make good decisions in game situations and analyse their performance that of others. We focus on this element during Spring Term 2.

Creative:

We encourage all children to show creativity and feel that sport is a great way to be able to do so. The aim of this is to have individuals who are able to effectively disguise what they are about to do next and use variety to engage an audience. A

large part of sport is performance, the children need to develop the ability to first observe and copy and compare and develop. They will then be taught many other skills including to be able to express, adapt and adjust. We focus on this element during Summer Term 1.

Health and Fitness

Another element we have built our curriculum around is health and fitness, this is central to our curriculum and is covered in all areas. However, we teach it to specifically show the children how to plan their own fitness and prepare activities for themselves. It starts by discussing the changes our body goes through during exercise, before teaching the children how long they need to exercise for and planning their own fitness. This is taught during Summer Term 2.

For greater detail on areas see Progression of skills document.

Finally, through the course of the year we encourage the children to take part in a wide range of competitive sports and complete a number of physical challenges both in and out of school.

Impact

The impact of our PE curriculum is that we create not just well-rounded athletes, but well-rounded individuals. At Perranporth school the children are able to explain why they exercise, how important it is to their health and well-being, how to plan and improve their own exercise.

In order to monitor the progress in all these areas the children are assessed using the Create Assessment Wheel on a termly basis. From these assessments adaptations can be made to planning and interventions. The wheel is used to assess children across a range of sporting elements. As well as this progress is monitored through pupil discussions, monitoring and reflection.

At Perranporth School we ensure children not only learn the elements set out in the National Curriculum, but also learn the importance of sport and exercise to impact their mental and physical health.