



Seek, believe & achieve in PE

PE at Speen School aims to inspire our pupils to enjoy being active, encourage and support one another and **achieve** together. We know that a high-quality PE curriculum will help children develop their health, fitness and wellbeing and that healthy habits need to start young. In our PE lessons, we provide a safe and supportive environment for children to **flourish** in a range of different physical activities **so that they can be the best that they can be** and this allows us to support their physical, emotional, spiritual, social and moral development. We teach the children the fundamental movements that will underpin the foundation of a variety of sports. We aim to provide high quality PE lessons in which the children are able to develop physical stamina (improving fitness), as well as their physical skills, including core stability.

Intent

Children at Speen are given opportunities in Physical Education to:

- Understand how to lead healthy, active lives
- Work with others, listen to and **respect** each other's ideas, able to value different strengths and interests amongst their peers
- Show care and **respect** for the equipment, materials and resources that they use in their lessons
- Develop competence to excel in a broad range of physical activities
- Engage in competitive sports and activities both within the school and against other schools in the locality
- Learn how to offer and receive constructive feedback and praise
- Be physically active for sustained periods of time
- Consider their own attitudes and values in relation to playing games and team work
- Learn country dancing and perform routines for an audience at the annual village fete
- Make use of the magnificent outdoor surroundings for sporting activities, walking and forest school activities

At Speen we offer a varied and stimulating program of activity to ensure that all children progress physically through an inspirational, unique and fully inclusive PE curriculum. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely yet imaginatively to achieve their personal goals. All children have the opportunity to enjoy being physically active, maintain a healthy lifestyle and using the medium of sport, increase their self-esteem.

We aspire for children to adopt a positive mind-set and believe that anything can be achieved with determination and resilience. PE teaching is good at Speen when:

- there are opportunities to be active throughout most lessons
- lessons promote language, good listening and swift response
- children are leading the learning experience with the teacher as the facilitator

- lessons are differentiated to meet the needs of all children
- lessons are well resourced
- assessment informs future planning

The aim of Physical Education is to promote physical activity and healthy lifestyles. Children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators, thus embedding life-long values such as [respect](#), co-operation, collaboration and equity of play.

Our PE Curriculum, along with PSHE and science, teaches children about the importance of healthy living and learning about the need for good nutrition. At Speen we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future, by becoming physically active citizens to benefit their long-term health and well-being.

We follow the requirements set out by the National Curriculum and seek to broaden and develop the children's experiences through regular extra-curricular opportunities, visits and through visitors coming into school. The National Curriculum aims are that:

- 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.

Our Implementation

Physical Education lessons are taught in Speen by the class teacher. The lessons ensure a range of sport skills are covered and build sequentially over time to ensure progression of skills for all. Each class have a timetabled lesson of high-quality PE delivered by the PE co-ordinator, as well as two weekly lunchtime tennis (Tuesday) and multi-sports (Thursday) clubs on a three week rotation taught by external qualified coaches. This is supplemented by after school sports clubs, where outdoor exercise in our extensive grounds are encouraged whenever possible.

By the end of each key stage, pupils at Speen are expected to know, apply and understand the skills and knowledge as specified in the relevant programme of study.

Early Years Foundation Stage

In the Early Years, pupils should develop fundamental gross motor skills and begin to develop their movement skills including agility, balance and coordination. They should begin to engage in co-operative physical activities.

Reception

Foundation Stage children, receive daily access to activities indoors and outdoors that build on their fine and gross motor development as well as structured PE sessions. Children are encouraged to develop their core strength and gross motor skills to ensure that they are ready for fine motor movements. We encourage children to be active and use games, songs and dances across the curriculum, both within the class and outside.

Pupils should be taught to:

- negotiate space and obstacles safely with consideration for themselves and others
- demonstrate strength, balance and coordination when playing
- move energetically such as running, jumping, dancing, hopping, skipping and climbing

These early experiences are then built upon as children progress into KS1.

Key stage 1

In KS1, pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

PE lessons focus on the development of agility, balance and coordination, healthy competition against themselves and others, and cooperative learning. They allow all children to develop a range of abilities that will not only help them succeed in sport but in life. These include their creative, cognitive, social, personal, physical and health and fitness skills.

The children are provided opportunities to transfer these skills into sports and are also able to take part in cluster PE events with other schools such as tennis, basketball, hockey and gymnastics.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

PE curriculum:

	PE Curriculum Map					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Little Apples	Introduction to PE	Fundamentals	Dance	Ball Skills	Gymnastics	Games
Reception	Introduction to PE Forest School	Fundamentals Forest Schools	Dance Forest Schools	Ball Skills Forest Schools	Gymnastics Forest Schools	Games Forest Schools
KS1	Fundamental Skills Forest Schools	Ball skills Forest Schools	Gymnastics Forest Schools	Dance Forest Schools	Athletics Forest Schools	Striking and Fielding games Forest Schools

Impact

We measure the impact of our Speen PE curriculum through the following methods:

- observing of pupils in lessons
- observations of individual or small group performances
- listening to pupil feedback from observing others
- listening to pupils' reflections of own abilities
- Interviewing the pupils about their learning (pupil voice)

PE specialists report back to class teachers on the competencies achieved within each unit covered. Staff continually monitor the impact PE is having on the children's learning and all-round development, through observations and talking with pupils, to ensure the progress of knowledge and skills is being taught and pupils are gaining in confidence. Impact will also be measured through key questioning skills built into lessons and child-led assessment aimed at targeting next steps in learning.

Children enjoy PE sessions and are active throughout most of the lesson. Children recognise the impact of physical activity on their bodies and can talk about healthy living. Children's physical stamina and skills develop over their time here, from EYFS to Year 2, enabling the majority of children to achieve the national curriculum age related expectations in Physical Education.

Forest school

Intent

Forest School is a unique method of outdoor learning.

At Speen CofE School our aim is to encourage and inspire children through positive outdoor experiences. Children will have the opportunity to learn about the natural environment, how to handle risks and most importantly to use their own initiative to solve problems and co-operate with others. The children will learn about the cycle of the seasons and about local habitats, plants and animals. The children use full sized tools, play, learn boundaries of behaviour; both physical and social, establish and grow in confidence, self-esteem and become self-motivated.

Implementation

We aim to give all children a collective insight into the ethos of Forest School.

Forest School builds on a child's innate motivation and positive attitude to learning, offering them the opportunities to take risks, make choices and initiate learning for themselves. The Forest school learning environment provides opportunities for children to develop self-esteem, self-confidence, to form positive relationships with others, to develop a growing awareness of their emotional needs and the needs of others, to learn to co-operate and work with their peers and adults and to develop strategies in order to take risks within the boundaries of safety.

In Forest School children learn about exploring and experiencing the natural world through practical activities. The children go out in all weathers, all year round, exploring and learning from the seasons and environment changes. Appropriate clothing is worn, however, during high winds it is considered unsafe to go into the woods. The children's interests, along with the varied natural resources in our local area woodland, are used to stimulate creative thinking, problem solving and skill development. One of the principles of Forest School is to promote environmental awareness and encourage sustainability.

The children are taught respect and responsibility for the world around them. Both the children and adults are encouraged to respect their environment and to be aware of conservation issues of the wild area in our locality. The aim is to promote respect for wildlife. This is achieved through detailed session plans, evaluation and careful reference to 3i document and guidance from the Forest School alliance and the Woodland Trust.

If appropriate, reclaimed, recycled and sustainable resources are used to maintain and develop our forest school site. Encouraging children to care for the environment is an essential part of Forest School. In order to encourage the children to look after the site we will always leave it tidy and never damage anything growing in it. We will only collect things that are on the ground and leave the area as we found it when we leave. The Forest School Leaders will monitor the site so that it does not become overused.

Impact

The success of forest school allows the children to:

- Grow in confidence as a result of the freedom, time and space they are given during their learning. This allows them to demonstrate independence.
- Develop team work, strengthen their bonds and social skills through activities such as sharing tools and participating in play as a group.
- Increase their vocabulary. The sensory experiences provided by Forest School helps prompt language development, as well as increasing their scientific and environment language.
- Improve their communication skills, which also has a positive effect on their self-esteem.
- Have high levels of interest, which leads to high levels of attention. Spending time in the woodland is exciting for a child. It tends to fascinate them which develops a strong will to participate and concentrate over long periods of time.
- Develop physical stamina and improve gross and fine motor skills as well as mental health, linking to their physical education curriculum.
- Inspires children to gain a love of the outdoors, which encourages them to want to visit local woodlands more frequently and participate in general outdoor activities as they get older.