

**ARNSIDE NATIONAL SCHOOL CURRICULUM STATEMENT FOR PHYSICAL EDUCATION**

SCHOOL VALUES	OFSTED	CURRICULUM VISION	INTENT Curriculum design, coverage and appropriateness What are the endpoints we want the learners to reach? In your subject what are the key concepts students need to understand?	IMPLEMENTATION Curriculum delivery, teaching (pedagogy) and assessment How is your curriculum delivered & sequenced to build on prior understanding, ensuring access for all learners?	IMPACT Attainment and progress How the curriculum evaluated and what knowledge and skills have learners gained against expectations?
<p><b>Happy, healthy and secure</b></p>	<p>"The provider has high expectations for learners' behaviour and conduct..."</p> <p>"Leaders, teachers and learners create an environment where bullying, peer-on-peer abuse or discrimination are not tolerated."</p> <p>"The curriculum extends beyond the academic, technical or vocational. It provides for learners' broader development, enabling them to develop and discover their interest and talents."</p>	<p><b>Arnside National Church of England School is a lively and caring community where all are supported, nurtured and encouraged. Our vision is rooted and grounded in love, God's greatest gift, which helps and guides everyone at our school to aspire, believe and achieve. 'Let all that you do be done in love' (1 Corinthians 16.14)</b></p> <p><b>Our school motto, 'Aspire, Believe, Achieve', reflects our school vision. We aim to ensure the children in our school are inspired to aspire through imaginative teaching and high-quality learning experiences. Our school environment promotes and celebrates achievement in a creative broad and balanced curriculum, which prepares the children for the challenges, opportunities, responsibilities and experiences of life. We encourage children to be inquisitive, to challenge the world around them.</b></p> <p><b>Through our school values, we are committed to providing a positive, safe and stimulating environment in which all children can learn and achieve. We teach our children to be independent and confident and to take responsibility for their life-long learning and development; we teach them to believe in themselves. It is vital that our children learn how to keep physically and mentally well so we, at Arnside School, teach with a humanistic approach, educating the whole child: encouraging them to keep fit and to exercise their Growth Mindset to develop resilience, perseverance and determination.</b></p> <p><b>As a Christian school, we embrace the teachings of St Paul, with the Fruits of the Spirit providing the basis for our Star Qualities. Our vision is that all children from Arnside National School care for and respect others, embracing and celebrating differences in culture or religion. Our school strives to be at the very centre of the local community, with positive and effective links to the wider and global communities. We invite visitors into our school to broaden learning experiences, celebrating the wealth of experience and skills we find in our community and further afield.</b></p> <p><b>Being situated in such an area of outstanding natural beauty (AONB), we are committed to giving our children opportunities and skills to appreciate and contribute to the conservation of the outdoors, through environmental education and learning outside the classroom. We</b></p>	<p>'ALL pupils leaving primary school <b>physically literate</b> and with the <b>knowledge, skills and motivation</b> necessary to equip them for a <b>healthy, active lifestyle</b> and <b>lifelong participation</b> in physical activity and sport.'</p> <p>The subject co-ordinators three priorities are:</p> <ol style="list-style-type: none"> <li>1) To ensure high quality subject leadership</li> <li>2) To raise attainment of all pupils</li> <li>3) To increase physical activity levels of pupils in and out of school</li> </ol> <p>At Arnside National School, we will give every pupil a fair opportunity to access the components of our PE curriculum in order to reach the following objectives:</p> <p>Children to leave Arnside with a positive relationship to physical health, activity and personal wellbeing.</p> <p>Children to use physical education at Arnside to develop their understanding of competition, including: fair play, sportsmanship, team work, passion and playing within the rules.</p> <p>Children will leave Arnside with an understanding that sport has the power to embody all British Values including: Democracy (voting on particular games and rules to play) The rule of law (abiding by the rules of a match) Individual liberty (expressing yourself through skills in a game) Tolerance and respect for those with different faiths (playing in a team with people of mixed beliefs)</p>	<p><b>Health and well-being week:</b> We deliver a whole school health and well-being week to the children. The week's activities include: Getting outside for Wellbeing: going for a walk with classes (Walk to Ashmeadow / along the Promenade/ up the Knott) Life Education bus Heart start Sex and health education NSPCC workshop (Child welfare) Internet safety Mindfulness activities in class (meditation, colouring, etc) Physically well-being activities Yoga Anti-bullying focused lessons <b>Assembly Focus:</b> Safeguarding – feeling safe and secure</p> <p><b>National Sports week:</b> School also celebrates 'National Schools Sports week' with a range of lessons, activities and assemblies that focus on the theme of five ways to well being: being active; connecting; giving back; taking notice, and learning. The week's activities include: 'Keepy Uppy' inter-school competition Sports Day Orienteering Yoga Whole school sports activities led by Year 6 Sports leaders on field CSLA Sixth Formers from local high school deliver taster sports sessions 'Sporting' parents invited in to school to deliver talks Research task: Each class focussed on an inspirational sports person in class throughout the week and shared their research/findings during celebration assembly. The 2/3 minute presentation consisted of facts, posters, photographs, videos etc. BBC Super movers/Wakeup and shake up you tube/ Jumpstart Jonny <b>Assembly Focus: 'Arnside Sporting</b></p>	<p><b>Feedback:</b> We send out questionnaires to parents and pupils regarding PE and Sport at School and consider their feedback.</p> <p><b>Pupil audits:</b> We carry out pupil audits to identify the numbers of pupils who take part in the following: Intra and inter school competitions/teams After school clubs South Lakes Sports Out of school clubs External sports competitions Which sports qualifications/grades/ awards have the children achieved in Sport, if any? (Please list) Number of SEN children attending after school clubs Number of Pupil Premium children attending after school clubs Number of SEN children attending clubs out of school Number of Pupil Premium children attending clubs out of school Number of SEN children taking part in competitions in school Number of Pupil Premium children taking part in competitions in school</p> <p><b>Evidence:</b> We measure knowledge and skills during lessons using questions and by using video and photographic evidence.</p> <p><b>Attainment:</b> We measure attainment by measuring against National Attainment Standards and Schemes of Work. Our PE assessment system allows us to track pupil progress, recognise which pupils need further support and which subjects our children are achieving or perhaps not achieving.</p> <p><b>Pupil Voice:</b> Everyone is encouraged and allowed to speak up during question times; children are allowed debate, challenge and disagree in a respectful way. All children receive leadership roles at some point, children are expected and encouraged to be</p>

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		<p><b>recognise the holistic value of being outdoors to develop both physical and mental wellbeing.</b></p>		<p><b>Superstars'</b> Child led assemblies on their sports hobbies/achievements</p> <p><b>Bike and walk to school initiatives:</b> Children take part in National Bike to School and Walk to School initiative weeks to promote healthy life-styles and getting children moving and encouraging children to be more active. It is also designed to help children reach their minimum 60 minutes of exercise per day.</p>	<p>independent learners, they are expected to organise equipment, tidy up together, share roles and take responsibility for their own and others safety.</p> <p>We intend for pupils to have an increased understanding of our objectives as a PE Department and feel that they have made progress in those areas.</p> <p>At the start of the academic year, we asked all year 6 pupils: 'Thinking about different stages of your life, on a scale of 1-10, how important do you think it is to be physically healthy. Does being physically healthy matter? 1 = no, it's not very important for other areas of my life. 10 = yes, it's very important and can affect all areas of my life.' Current average score = Average score at the end of 2019/20 =</p> <p><b>Competition:</b> We intend for children to have the opportunity to go to more competitions outside of school than 2020/21. 2020/21 competitions= 10 2021/2022 competitions = Extra Curricular Participation: We intend for children to have attended more extracurricular sessions in 2019/20 than 2018/19. 2018/19 individual sessions attended = 2019/20 individual sessions attended =</p> <p><b>Teacher Confidence:</b> We intend for teacher confidence to rise by at least 15% on average from the start of their intervention with specialist coaches to the end (termly blocks of work) Average at the start of each term = Average at the end of each term =</p>
<p><b>Independent and confident</b></p>	<p>"A rigorous approach to the teaching of reading develops learners' confidence and enjoyment in reading."</p> <p>"At each stage of education, the provider prepares learners for future success in their next steps."</p> <p>"Over the course of study, teaching is designed to help learners to remember in the long term the content they have been taught and to integrate new knowledge into larger concepts."</p>		<p>Children to have a sound knowledge of the basic skills needed to access specific sports.</p> <p>Children to use physical education at Arnside to develop themselves as a whole person - mentally, personally, physically and socially.</p>	<p>Children have the opportunity to demonstrate confidence of skills in both lessons and competitions.</p> <p>On our outdoor educational trips and residential children show independence being away from home and taking on responsibilities to cater for their needs.</p>	<p><b>PE Assessment:</b> Our PE Award System acknowledges and rewards effort. This develops a positive Growth Mindset (Dweck, 2015). We encourage and champion any lack of success to be seen as a positive learning opportunity.</p> <p><b>Self Assessment:</b> Children are expected to be able to assess their performance, make judgements about their progress, measure their performance against others and apply knowledge to improve their own performance. Children receive feedback about their PE assessment from the PE coach and</p>

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					<p>are given specific targets for improvement. Children are allowed to set their own goals and suggest ideas that may help them achieve those aims.</p>
<p><b>Caring and respectful</b></p>	<p>"The curriculum and the provider's wider work support learners to develop their character – including resilience, confidence and independence – and help them know how to keep physically and mentally healthy."</p> <p>"The provider provides learners for life in modern Britain by: equipping them to be responsible, respectful, active citizens who contribute positively to society."</p>		<p>Children have empathy and consideration for others regardless of other abilities.</p>	<p><b>Teaching of PE:</b> 2 hours of timetabled lessons each week for every pupil, allowing pupils to develop themselves as a whole person, build a sound knowledge of basic skills; develop the values of the school's PE department and to build a positive relationship with physical health.</p> <p>The UK chief medical officer recommend that all children should engage in moderate to vigorous intensity physical activity for at least 60 minutes every day. Every primary school child should get at least 60 minutes of moderate to vigorous physical activity a day. At least 30 minutes should be delivered in school every day through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events. Remaining 30 minutes supported by parents &amp; carers outside of school time.</p> <p><b>Active 30:</b> Arnside National School promote active 30 throughout the school day by doing the following:</p> <ul style="list-style-type: none"> <li>• Breakfast sports/athletics clubs</li> <li>• Walking/biking to school</li> <li>• Daily mile/running around the playground</li> <li>• Wake up/shake up</li> <li>• Active maths/Maths of the day</li> <li>• Sports leaders delivering activities at break times</li> <li>• PE lessons</li> <li>• 30 minute cardio session</li> <li>• Listen and move- for less able students</li> <li>• Active story time</li> <li>• After school sports clubs</li> <li>• Kung fu punctuation</li> <li>• Active Science- Pulse rate etc</li> <li>• Do PE lesson in the morning- to increase focus</li> <li>• Sit down for no longer than 30</li> </ul>	<p><b>Peer Assessment:</b> In lessons, children are encouraged to pass on their observations regarding others performance. They often have to measure their feedback against specific criteria. We work hard on being a 'critical friend' by providing honest appraisal and using language that is positive.</p> <p>Children are encouraged to work with multiple partners and get to know everyone. Gender, cultural and religious beliefs and stereotypical views are challenged and positively embraced as part of our school family. For example, a power point slide might demonstrate someone from a diverse community kicking a football.</p> <p><b>Results from Active 30:</b> The active 30 activities will reduce:</p> <ul style="list-style-type: none"> <li>• Time using technology</li> <li>• Obesity</li> <li>• Bad posture</li> <li>• Mental health</li> </ul> <p><b>Active 30 will increase:</b></p> <ul style="list-style-type: none"> <li>• Brain power- creativity and memory</li> <li>• Improve attendance</li> <li>• Improve attendance and engagement in school</li> <li>• Improve academic results</li> <li>• Posture</li> <li>• Handwriting</li> <li>• Sleep</li> </ul>

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				<p>minutes</p> <ul style="list-style-type: none"> <li>• BBC Maths super movers- active timetables practice to do at beginning of lesson</li> <li>• Jump Start Jonny</li> <li>• Go noodle</li> <li>• Activate</li> </ul> <p><b>Cross curricular learning through PE:</b></p> <p><b>Maths:</b></p> <ul style="list-style-type: none"> <li>• Mental subtraction and addition for scoring</li> <li>• Number and place value for recording time</li> <li>• Statistics for team sports</li> <li>• Co-ordinates for orienteering</li> <li>• Measurement for mini Olympics</li> <li>• Shapes in Gymnastics</li> <li>• Mental-Maths treasure hunt</li> <li>• Pattern building in relay races</li> <li>• Counting in multiples for skill drills</li> <li>• Discussions of Maths vocabulary that relate to physical education (i.e. – angle, measurement, perimeter, distance, etc.).</li> </ul> <p><b>Geography:</b></p> <ul style="list-style-type: none"> <li>• Team building</li> <li>• Directions and compass skills for orienteering</li> <li>• Forest schools</li> </ul> <p><b>Foreign Languages:</b></p> <ul style="list-style-type: none"> <li>• Martial Arts teaches the children the Japanese language</li> </ul> <p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>• Kung Fu Punctuation</li> <li>• Active adjectives</li> <li>• Word wall to identify key vocabulary used in PE lessons</li> <li>• Instruction/rules reading in all Sports</li> </ul> <p><b>Science:</b></p> <ul style="list-style-type: none"> <li>• There are many opportunities to highlight science related vocabulary that is used during our PE classes (i.e. – speed, friction, angle of trajectory, fulcrum, lever, aerodynamics, etc.</li> </ul>	
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<p><b>Inspired and excited to learn</b></p>	<p>"Leaders take on or construct a curriculum that is ambitious and designed to give all learners, the knowledge and cultural capital they need to succeed in life."</p> <p>"Learners' attitudes to their education or training are positive. They are committed to their learning, know how to study effectively and do so, are resilient to setbacks and take pride in their achievements."</p> <p>"Teachers create an environment that allows learners to focus on learning."</p>		<p>We offer maximum opportunity to children of all circumstances to enjoy clubs and initiatives outside of school hours - allowing pupils to develop themselves as a whole person, build a sound knowledge of basic skills and build a positive relationship with physical health.</p> <p>We offer CPD for teachers to build confidence throughout the staff so that they feel educated to deliver high quality PE lessons. With the staff delivering high quality PE lessons, pupils have a better opportunity to develop themselves as a whole person, build a sound knowledge of basic skills and build a positive relationship with physical health.</p> <p><b>Alternative enrichment:</b>                  Bikeability                  Swimming lessons for Year 5 and 6                  Wheelchair basketball                  Outdoor residentials                  Ski trip- offered to all children in Years 5 and 6</p>	<p><b>Specialist Sports Coaches:</b>                  Our school has a specialist Sports and PE coach who is qualified and experienced to deliver high quality lessons. The lessons are tailored to the needs of the children and allow children to develop physically, mentally, emotionally and socially. Progression is measured against a scheme of works attainment levels.</p> <p>At Arnside National School, we strive to continue to improve opportunities for our children to develop their talents and help children who we feel will benefit from extra support. Arnside actively caters for disadvantaged groups by constantly differentiating lessons for all abilities. Allowing children to lead areas of the PE subject so that all standards and groups are catered for.</p> <p><b>Pupil Premium/SEND children:</b>                  Pupil premium and SEND children have additional intervention lessons with our school specialist sports coach supporting their needs. These needs are identified by the SENCO coordinator and the class teachers. The purpose of the PE intervention is to give children extra support to improve fitness, balance coordination and confidence. The sessions are shorter than a normal PE lesson to minimise disruption to their learning in other lessons.                  The sessions are done in small groups with lessons targeting specific skills, which enhances children's self-esteem and physical well-being. The sessions are on-going during the academic year and we envisage that some children will require continued support whilst others perhaps improving and no longer needing to attend. Each child's progress will be monitored and teachers and parents will be kept informed of their progress.</p> <p><b>SEND Competitions/Festivals-</b>                  Our SEND children are invited annually to attend a Panathlon festival alongside other local main stream and special schools.                  Panathlon gives thousands of young people with disabilities and special needs every year the opportunity to take part in</p>	<p>Although assessment is not required by the National Curriculum, we do have an opportunity for teachers to assess children throughout their journey at Arnside. Teachers have the opportunity to offer feedback via staff meetings with regards to timetabling of lessons. The lesson plans are constantly monitored and developed by the Sports and PE coordinator and coach in order to stay up to date and relevant.</p> <p>The clubs are all run by teachers or professional sports coaches who use their own internal assessment and monitoring to ensure high quality provision. We have an open dialogue with them in order to align our expectations. Participation is monitored in order to make sure we are offering the best clubs that are being enjoyed by the children - and we have the opportunity to stop clubs that aren't working well and replace them with different age groups and sports.</p> <p><b>Sports Premium Expenditure:</b>                  How we measure the impact of School Sports Premium spending?</p> <ul style="list-style-type: none"> <li>Through self-evaluation and tracking of pupil progress.</li> <li>Annual written reports that identify next steps and celebrate achievements.</li> <li>PE coordinator assesses the impact of the SSP and amends practice accordingly.</li> <li>Head Teacher, Governing Body and SLT maintain an overview of the impact of the SSP.</li> <li>Participation in competition at all levels is higher than in previous years, as is the participation in the number of extra-curricular activities being offered.</li> <li>Pupils show a good understanding of the benefits of exercise and healthy lifestyle</li> <li>They have a well-developed</li> </ul>

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			<p>competitive sport Our multi-sport, swimming, football, boccia, ten-pin bowling, new-age kurling, powerchair, cricket and tennis programmes give participants the opportunity to represent their school in sporting competition that they are so often otherwise denied. Our events have a transformational impact on participants' skills, self-esteem, confidence, health and wellbeing.</p> <p><b>Assessment:</b> To understand each pupil's current level of physical health in order to offer appropriate lessons, competition and intervention we use competition within lessons and assessment to inspire children to work to the best of their abilities. We have a PE award which is displayed in each classroom, which rewards effort and acknowledges attainment for all individual pupils. All the lessons are linked to life- long achievement, health and fitness.</p> <p><b>Planning:</b> All staff have access to a bank of structured lessons. (See PE area on Staff server)</p> <p><b>Facilities and equipment:</b> Hall space and outside space are timetabled in order to give each class an opportunity to access PE lessons. Each lesson plan is pre-created but gives the teacher flexibility to alter elements in order to give the pupils the best learning experience. Each lesson has a social, personal and technical objective, ensuring that the whole person is developed throughout. Teachers will make links to the school values where appropriate in order to enhance children's understanding of the values associated to physical health and sport. We have also developed a curriculum map/long term plan to guide teachers throughout the year.</p> <p><b>Sports Premium Expenditure:</b> We have used some of the Sports Premium Budget to run sports clubs before and after school throughout the week. These are free to access for pupils. We also have a host of after school clubs that can be paid for by the parents. The sports and age groups vary each term so that more children have the option to access them. The clubs are heavily promoted through letter distribution, email correspondence and presentations in class and assembly. We have also developed our lunch time</p>	<p>skills, attitudes and values when involved in sporting activities.</p> <p><b>Next steps:</b> We aim to continue to improve:</p> <ul style="list-style-type: none"> <li>• The engagement of all pupils in regular physical activity- kick starting healthy active lifestyles</li> <li>• The profile of PE and Sport being raised across the school</li> <li>• Increased confidence, knowledge and skills of all staff in teaching PE and Sport</li> <li>• Broader experience of a range of sports and activities offered to all pupils Increased participation in competitive sport</li> <li>• Increase awareness of the link between exercise and physical and mental well-being through positive messages and examples</li> <li>• To build closer links with local sports and activity clubs</li> <li>• Introduce more intra-school competitions (See School PE Development plan for specific aims)</li> </ul>
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				<p>provision to train older children to be Sports leaders to deliver games during break and lunch times to the younger children, fostering a sense of community and friendship.</p> <p><b>CPD:</b> Teachers have access to a yearly staff meeting CPD session away from the children. This is done as a group of staff and is coordinated by our Specialist Sports and PE coach. The teachers can pick a theme and then they are offered training in order to tackle that problem. Following on from the full-staff training, each teacher is given the opportunity to work with professional coaches during their own PE lessons. The term follows a structure so that teachers feel trained and empowered to deliver high quality PE lessons. The term starts with 2 lessons being led by the professional coaches. Then the next 2 lessons are team taught, and the final 2 lessons are taken by the class teacher with the professional coaches giving feedback and development points. Each teacher provides evidence of their learning journey through a feedback and information form.</p>	
<p><b>Part of a team or family</b></p>	<p>"Relationships among learners and staff reflect a positive and respectful culture."</p> <p>"Leaders engage effectively with learners and others in their community, including – where relevant – parents, carers, employers and local services."</p> <p>"The provider has a culture of safeguarding..."</p>		<p>Children to use physical education at Arnside to develop their understanding of competition, including: fair play, sportsmanship, team work, passion and playing within the rules.</p> <p>To give children an opportunity to develop a better sense of competition - either competing against themselves, others in a recognised environment (PE lessons for example) or against an unrecognised opponent. Increased exposure to competition will allow pupils to better develop their relationship with physical health and its ability to build traits such as humility, cooperation, passion, pride and competitiveness.</p>	<p><b>Outdoor residential:</b> The Key Stage two children have the opportunity to attend outdoor education residentials and camping trips, allowing them to develop team work skills, independence, resilience, responsibility and organisational skills.</p> <p><b>Sports Day:</b> On our annual Sports Day, children form teams from within each year group to collaboratively work in competition.</p> <p><b>Inter-school competitions:</b> We take part in regular inter-school competitions against other local schools at the feeder high school. Children can represent Arnside school through level II competitions - where they come off site to compete against other schools and children. We have access to the Dallam School and South Lakes PE Association's competition calendars in order to timetable a list of events to attend. We have used some of our Sports Premium Funding to work with the coaches to organise team selection, team training, logistics and communication in order to attend more events throughout the year.</p> <p><b>Intra-school competitions:</b> Through exposure to competitions during PE lessons (at the end of each lesson</p>	<p>The impact will be measured by anecdotal evidence, listening to pupil and teacher feedback about pupil's attitudes to competition throughout the year. We will also look at the results of the tournaments we attend and look to improve our results (both scores and relationship with events) throughout the year.</p>

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			<p>children are given an opportunity to cement their learning through a structured competition). Also, children will be given the opportunity to represent their teams/houses during level I competition (during lunch times and separate interventions throughout the year).</p> <p><b>Staffing:</b> Teachers and coaches within school promote healthy attitudes, commitment and fairness by dressing appropriately for PE, eating healthy meals at school, being on time and organised for lessons, challenging stereotypical beliefs and promoting other cultures. This can be done for example by selecting boys to show gymnastic skills or girls to show football skills.</p> <p><b>Fundraising:</b> We raise money for local charities by completing sports events including- The Reindeer Rush Marathon for St John's Hospice</p>	
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