



**PE at
St Clare's**

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Physical Education at St. Clare's

Timetable

PE is taught each week, with each class allocated a 2 hours PE slot. Year 5 and 6 have additional time during the year to include swimming lessons. We are currently in the process of moving our swimming lessons to our Year 4 class by 2022/23.

Content of ICT lessons

At St Clare's, we use the Lancashire Scheme of Work 2020 (SOW), with the National Curriculum to provide children with efficient, well-balanced lessons.

Control and movement – Children develop the ability create different shapes and stretches using their body. Children work on being able to do these slowly and holding these positions.

Sequence and repetition – Children will learn to perform longer sequences and respond differently to different tasks and different music. They will be able to adapt their skills and apply them to different activities.

Social skills – Children will build their teamwork, sportsmanship and ability to give and receive feedback in a supportive manner.

Evaluating and improving – Children will be able to assess where they are with their learning and know how to improve themselves.

Health and fitness – Children will know how exercise effects the body and will understand the importance of warm up, cool downs and improving their fitness.

Knowledge – Children and teachers to use key language in each lesson in order to reinforce what they will be learning and the important ('sticky') vocabulary they will learn through the year.



Planning

Lancashire PE SOW (through the iPad app) - At St Clare's, we use the Lancashire PE SOW (2020) alongside the National Curriculum to assist in achieving all the objectives. Teachers refer to the online system, PE Passport, to find lesson plans and resources to help teach the lessons. Each half term consists of one unit, and these are completed as per the long term plan. They utilise all of the National Curriculum objectives.

Teachers can fit in other lessons outside of PE lessons if they think that it coincides with what they are learning at the time/supports cross curricular links.

Marking:

PE lessons will be evidence in using the PE Passport app. These will display the learning objective

that the children will be developing in that lesson. The app will also allow teachers to give feedback to individuals who have impressed or improved the most in that lesson by showing pictures and video evidence. Children will also be encouraged to give feedback and notes can be added to the app within the lesson evaluation section. This may be to assess how they think they have performed in the lesson or mention if they are closer to achieving a certain target.

Assessment

PE Passport will be used to track assessment half termly at the end of each unit. This can then be transferred onto the Whole School Tracker at the end of each term ready for the pupil progress review. At the start of each unit, teachers will take a 30-60 second video, showing the starting point of the whole class. Then, at the end of the unit, the teacher will take another 30-60 second video, showing the development and progression from week one to week six.



Intent, Implementation and Impact

Intent

At St. Clare's the children enjoy a broad and balanced PE curriculum. The curriculum we use provides pupils with a variety of skills, including social, personal and physical skills, which enable them to move forward through their next steps in education and in life.

Children will learn through playing games and learning new skills with a variety of equipment across a range of accessible sporting activities. Accessibility is very important to us as we envision an inclusive curriculum that helps to build confidence in all children. We care greatly about our children's health and fitness and consider this a priority when planning any PE activity.

The Lancashire SOW PE app and the National curriculum is used to set out objectives for each year group. These are split into half termly topics that are taught in PE lessons. These skills are also combined with other sports through the half term, such as tag rugby, cricket, tennis or hockey. We build on these sports to help encourage children to try new sports and inspire them to take on these activities outside of school. The objectives are progressive and children are able to refer to previous learning from Key Stage 1 on dance, movement, co-ordination and co-operation. This helps build on their understanding, creates links and challenges them to become greater PE learners.

Implementation

The PE lead checks long term plans to ensure coverage of objectives according to the National Curriculum and skills coverage. PE is taught each week by either the class teacher, HLTA or swimming instructor. Each half term builds upon a particular skill (E.g. health and fitness, cognitive, creative etc.). These skills are revisited each year and are built upon to show progress.

In lessons, we use a variety of resources and equipment to maintain engagement and develop confidence. Throughout the year, we have memorable experiences such as inter- and intra-school competitions or in-school visitors to create excitement, inspire children and make them aware of the multitude of sport in their community. We strongly believe in inclusivity for all abilities which is why we also engage in sports specifically for those with physical difficulties, including Boccia and Curling. We strongly encourage children to participate in sporting activities outside of school and also have after school clubs that children can take part in. Disadvantaged children are offered subsidised or 'golden ticket' places at some clubs and after school clubs also have priority places for these children.

We have a subscription to the Lancashire SOW, from which we take our PE planning and resources. We have also received CPD in gymnastics, games and dance recently and have implemented these skills into our PE lessons. The use of a great variety of resources from different experts ensures that our lessons demonstrate high-quality planning and teaching of the subject.

Lessons are planned to allow all children to access the PE curriculum. The document 'What Greater Depth Looks Like in PE at St Clare's' allows teachers to plan lessons that will challenge the most able. Teaching staff have recently received training from our Lancashire advisory team on

differentiation and assessment in PE. This has allowed staff to adapt activities so that children can learn and develop their skills at their own pace, challenging themselves if they wish to. Although exercise and fitness is key, we also provide time for children to reflect upon what they have learnt and evaluate their strengths and weaknesses.

This could mean writing down a target and verbally praising a peer for something they have done well.

As with all subjects, there is much information to take in. Throughout lessons, we ask questions that revisit key facts and important information. Regular recall of such facts helps children commit them to their long-term memory, ensuring they will retain the 'sticky knowledge' for the end of Key Stage 2.

PE 'Sticky Knowledge' – what children need to know by the end of Key Stage 2

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

At St Clare's, children receive swimming lessons throughout Year 5 and 6, as we are working towards moving our swimming curriculum to Year 4 by 2022/23. Any children who have not achieved a certain level by the end of Year 5 must also attend in Year 6 until they have passed.

We continue to assess children throughout each topic. We use the PE Passport app to evidence the work we have done in the lesson and also to assess each child. AfL is used regularly in lessons and misconceptions quickly clarified. Children are also able to assess themselves by setting themselves a target and seeing they reach it. They may also do an activity in the first week and repeat this in the last week to see how much they have improved.

Impact

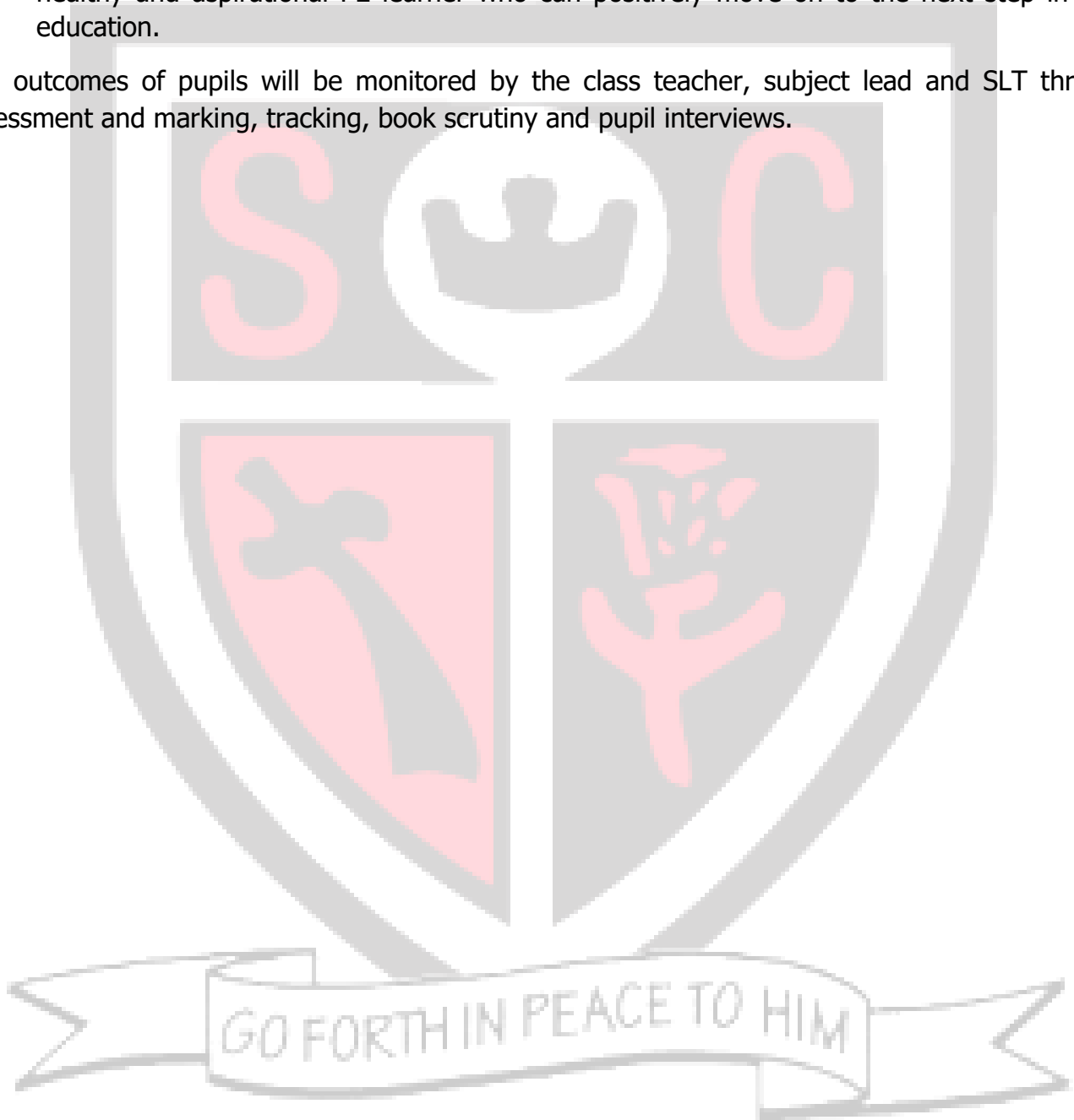
Every class has an area on the PE Passport app that provides evidence of learning. Outcomes are monitored to ensure that they reflect a sound understanding of the key identified knowledge. If necessary, teachers revisit areas of learning.

At St Clare's, we focus on children developing the six key skills as outlined by the Lancashire SOW:

- Personal

- Social
- Applying Physical
- Cognitive
- Creative
- Health and Fitness
- Improving and combining these skills will give every child the chance to become a confident, healthy and aspirational PE learner who can positively move on to the next step in their education.

The outcomes of pupils will be monitored by the class teacher, subject lead and SLT through assessment and marking, tracking, book scrutiny and pupil interviews.



Sticky Knowledge - PE - Whole school overview

By the end of, you will know:	Y3	Y4	Y5	Y6
Control and Movement	- how to apply a range of skills with good control and consistency.	- how to perform and repeat longer sequences with clear shapes and controlled movement.	- how to respond imaginatively to different situations, adapting and adjusting your skills, movements or tactics so they are different from others.	- how to perform a variety of skills consistently and effectively in challenging or competitive situations.
Sequence and Repetition	- how to respond differently to different tasks or music.			
Playing Games	- simple tactics of attacking and defending.	- how to make up my own rules and versions of activities.	- how to develop methods to outwit opponents - how to use combinations of skills confidently during games.	- how to effectively disguise what you are about to do next.
Social Skills	- how to show patience and support others.	- how to show and tell others about your ideas.	- how to negotiate and collaborate appropriately.	- how to give and receive sensitive feedback to help improve yourself and others.
Evaluating and Improving	- where you are with your learning and begin to challenge yourself. - how to recognise similarities and differences in movement and expression.	- how to persevere with a task and improve your performance through regular practice. - what you are doing well and will have begun to identify areas for improvement.	- how to see all new challenges as opportunities to learn and develop.	- how to review, analyse and evaluate your own and others' strengths and weaknesses. - how to set appropriate targets to help improve yourself.
Health and Fitness	- how your body feels during and after exercise and why it feels like this.	- how your body feels during and after exercise and why it feels like this.	- how to independently choose and perform appropriate warm up and cool down activities.	- how to plan and follow your own basic fitness programme.

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What Greater Depth looks like in PE at St Clare's

Characteristics of Greater Depth PE:

- Children who can persevere with a task and improve their performance through regular practice.
- Children who take part in high level after school sports clubs with outside agencies and may achieve certificates trophies in these clubs.
- Children who have the confidence to lead a warm up / task or group showing signs of a good sports leader.
- Children who take part in a wide range of events, inside and outside of school, competing with others to a high standard and showing great enthusiasm.
- Children who show an understanding of the health and fitness side of PE. For example, why the body has to warm up/ cool down. Why the blood pumps and heart beats faster. Knowing which muscles are used when performing certain exercises.
- Children who show the ability and confidence performing skills in a competitive format.
- Children who show a great understanding of the rules and tactics in various games and are able to change a tactic where necessary.
- Children who are able to work effectively as a team showing great sportsmanship and encouraging of others.
- Children who are able to effectively transfer skills in PE lessons from one sport to another sport.
- Children who are able to review, analyse and evaluate their own and others' strengths and weaknesses.
- Children who set personal challenges and are able to achieve these challenges.



Lesson Resources

Lancashire SOW 2020 – online system where teachers can access lesson plans, resources, skills cards and videos to assist in teaching lessons.

Chance to Shine – This website, which has been created by the Yorkshire Cricket Club, contains a series of lesson plans to help developing cricketing skills (striking, fielding, catching). The website also contains lesson plans for Maths and Literacy plans to encourage cross-curricular learning.

<https://www.chancetoshine.org/teaching-resources>

BBC Bitesize – BBC are uploading new videos all the time about sports, dance and health and fitness.

<https://www.bbc.co.uk/bitesize/subjects/zj6pyrd>

Access to a variety of online resources, including Twinkl, PNE online videos, AFPE and Youth Sport Trust.

