



## Curriculum Offer

### PE

At Exhall Junior School (EJS), Physical Education (PE) supports our students by giving them the knowledge to demonstrate all 3 aspects of health. At EJS, we recognise that through the Warwickshire Joint Strategic Needs Assessment the requirement of our local area. The requirement to educate our young people the importance of leading a healthy active lifestyle is paramount. Especially with the higher risk of diabetes, cardio-vascular diseases and obesity within our community. By providing our children with a variety of sports, and the necessary information in order to lead a healthy active lifestyle, we aim to contribute towards the battle against such lifestyle illnesses. This is evident through our two units of Health-Related Fitness in the school curriculum. In addition to this, by not focusing 12 weeks dedicated to one sport, we provide our children with the maximum opportunity to find a sport that they enjoy and subsequently can take up outside of school. It is a well-known fact, that sport and exercise can also lead to the reduction in mental health illnesses amongst children and adults alike. At EJS, we hope by offering such a variety of sports and activities, children will find a sport that they enjoy and this risk will then be reduced. Furthermore, we provide our students with a safe environment in which they can explore being competitive as well as developing their own skills. Through a student's time at EJS, they will participate in competitive sport intra-school as well as having the opportunity to represent the school in inter-school sport. Our students are encouraged to actively participate, enjoy and develop their own skills.

#### Statement of Intent

To build a PE curriculum that incorporates a healthy active life style as integral throughout. This is so that students can be fully informed of the importance of physical activity to maintaining all 3 aspects of health (Physical, Mental and Social).

The curriculum will also give the students the opportunity to experience a range of sports and activities, as opposed to the usual games-based lessons that so frequently appear across the country. This is so that students can have a larger opportunity to find and develop a sport that they enjoy and could therefore potentially take that sport up, at a grass roots level.

To ensure that students leave Exhall Junior School being able to swim 25 metres and keep themselves safe in accordance with the National Curriculum.

#### Special Educational Needs (SEND) / Pupil Premium / Higher Prior Achievers

Our PE curriculum recognises the vast differences in abilities between children across a variety of sports. Fortunately, PE is a fantastic leveller and is able to remove a lot of the boundaries of academic learning so that all students can participate equally.

Where differentiation is needed, the staff are fully equipped to adapt lessons, and units to suit the needs of their children. High needs children are suitably supported through the use of additional adult support. The PE units are planned and resourced in a way which suits sequencing, enabling children with SEN to more engage with the work set and have an understanding because of the logical way the units are to be taught.

Those children who are prior higher attainers, have the potential to compete in extracurricular activities and represent the school across a variety of sports. In addition to this, they are also able to support their peers in their learning through the use of coaching and peer support.

## Implementation

Clear and comprehensive PE scheme of work in line with the National Curriculum – This has been planned by the PE lead who has been able to use their experience within the subject and their expertise to design a PE curriculum that is enjoyable, exciting and educational.

All members of staff will have access to unit plans and lesson plans that have been produced by the PE lead. This makes the work set more relevant to the schools cohort and makes the best use of the resources available. The teaching and learning of PE is planned explicitly within each year group so that students are able to access the work suitable for their age.

### **PE programme of work is progressive in content and aimed at the correct audience**

The programme of work will be different for each year group to prevent repetitive lessons taking place. Students should be able to retain information given to them as a result of high-quality teaching.

All students will partake in a unit of swimming, that is delivered by the local swimming teachers at the local swimming baths. Due to a change of circumstances, this unit of work will be delivered in year 6 – after SATs.

### **To provide booster sessions for those unable to swim 25m and demonstrate essential self-preservation skills**

In year 6, those students who the school have no record of, will participate in booster swimming sessions in order for the school to maximise the amount of students that are able to swim 25m sufficiently. During these booster sessions the students will also take part in basic personal survival so that all students leave the school with the knowledge to safeguard themselves when out in water.

## Long Term Curriculum Plan

[https://docs.google.com/document/d/1ccHBL6q\\_ABs-LleVAZ2hoxX3oBccNFnG/edit?usp=sharing&oid=106609544512898034566&rtpof=true&sd=true](https://docs.google.com/document/d/1ccHBL6q_ABs-LleVAZ2hoxX3oBccNFnG/edit?usp=sharing&oid=106609544512898034566&rtpof=true&sd=true)

## Coverage of Skills

<https://docs.google.com/document/d/1Y-1wVI4XfLHPbDw-aSt9ACio2R3snb32/edit?usp=sharing&oid=106609544512898034566&rtpof=true&sd=true>

## Impact

By the end of year 6; students will have:

Experienced a variety of sports giving them the tools to understand games in a multitude of ways.

- Understand the importance of health and how physical activity can improve their physical, mental and social health.
- Have a developed sense of team work and be able to demonstrate some leadership abilities, such as communication and delegation.
- Know the correct anatomical terms for parts of the body that they will frequently use during a PE lesson.
- Understand the importance of a warm up on the muscular skeletal system and how to lead an effective warm up for the activity that they are taking part in.

All students will have left Exhall Junior School with the opportunity to develop their swimming as much as possible. Most students will be able to swim 25m and for those that are not able to, measures would have been put in place to demonstrate that everything possible was done to enable this achievement.