



Usworth Colliery Primary School PE Curriculum Narrative



Usworth Colliery Primary School Curriculum Vision

Enjoy achieving together...to be the best that we can be!

At Usworth Colliery, we have high expectations and aspirations for all. We pride ourselves on providing a safe, happy and healthy environment which supports our children to become confident, caring and independent learners. As a highly inclusive school, we support all our learners to access an education pathway that supports them to build on their starting points, considers their social and emotional needs and challenges them to thrive. Our ethos and core values, along with our engaging curriculum, prepares our children for modern day life and their next stage of learning. We aim to deliver a curriculum that supports our children to be ready for the real world with opportunities to problem solve, develop resilience, be inspired, curious and creative and develop aspirations for their futures. We are determined that our children will make strong progress regardless of their starting points through a well sequenced, broad and balanced curriculum. Oracy development is at the heart of the entire curriculum: children use key stem sentences to develop language structures and progression is designed across the curriculum in the Physical, Linguistic, Cognitive and Social & Emotional strands. Lessons are crafted to support pupils to build on prior knowledge, revisit key learning, practise key skills and make links, to help them learn more and remember more. We actively encourage respectful, positive relationships for all and promote British Values to maintain a strong whole school community.

Safety, Resilience, Care, Aspiration

PE INTENT

At Usworth Colliery, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure our children obtain optimum physical and emotional development and good health, to lead a life-long healthy lifestyle. We intend to deliver inclusive, challenging and supportive high-quality teaching and learning opportunities that inspire all our children to develop their individual basic fundamental skills and succeed at their own pace, needs and strength to use, adapt and develop transferable, life-long physical skills and knowledge. We want to teach our children skills to keep them safe and be resilient, to use learnt behaviours in a social context, such as learning to swim and being part of a team and aspire to build on their love of sport through extra-curricular activities and potential career paths. We want to teach them how to cooperate and collaborate with others to celebrate their achievements and understand the importance of taking part, in the fairness of play and instil excellent sporting attitudes. Our curriculum aims to improve, not only the physical but also the mental well-being of all our children at Usworth Colliery, not only through the sporting skills taught, but through the underpinning values and disciplines which PE promotes.

We INTEND that our curriculum will:

develop strong basic skills	Ensure basic skills such as, moving in space, throwing, kicking, running, and jumping are embedded and understood to create a secure basis for developing at their own pace, needs and strengths before the children leave KS1. This ensures children can confidently access a variety sports in KS2 applying the skills they already know in a competitive environment and allowing time for them to develop their tactical awareness.
create a love of physical activity	Raise the profile of sport across school allowing children to access and compete in a range of sports and celebrate successes both inside and outside of school.
inspire children to live a healthy lifestyle	Teach children to understand the importance of living a healthy lifestyle and how physical activity and wellness can help improve their quality of life both now and in the future.
create transferrable skills	Embed in children the importance of working collaboratively to achieve a goal. It will develop resilience and teamwork skills which they can apply across all areas of their learning. To use and adapt their basic fundamental skills across a range of sports and activities, to be able to throw and catch with control and accuracy in netball as well as cricket.
Challenging	Challenge every child in a supportive environment, to extend their knowledge and skill set from their own starting points.
Inclusive	Ensure every child is given the same opportunities, no matter they individual background and abilities, financially, physically, emotionally and socially.
Taking account of starting points	Take account of the fact that every child will begin with a different skill set, even though they have been given the same opportunities through the previous curriculum delivery.

PE IMPLEMENTATION

PE at Usworth Colliery Primary School provides a supportive, challenging and enjoyable learning experience through the delivery of the basic fundamental skills, leading to a range of sporting activities based through the core elements of invasion games, net & wall games, strike & field games, gymnastics, dance, swimming and outdoor & adventurous activities. The long-term plan sets out the PE units that are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. The key, transferable skills progress year on year at the pace of the individual learner with lessons adapted with support and challenge whenever necessary and possible with links to other subjects throughout the school, such as map reading skills in Geography being used in OAA activities. Pupils participate in safe and inclusive, high quality PE lessons each week, covering at least two sporting disciplines every term. In addition, they are encouraged to participate in a varied range of extra-curricular activities throughout the year, as well as lunchtime activities. These successes are celebrated regularly and displayed prominently in the school. Pupils are encouraged to attend sporting events throughout the year, which develops competitive attributes, resilience and teamwork. Individual and group achievements are celebrated and encouraged by all in a class, the school and in the social environments. Our children will become Sports leaders, leading by example, becoming sporting role models for our younger children and their families, done through assisting lunchtime activities and other sporting events. They will develop their swimming abilities, we believe an important life-skill, by participating in a progression of lessons during their learning at our school. This inclusive approach endeavours to encourage not only physical development but also mental well-being. These skills will give them basis to build upon after they have left Usworth Colliery, into their adult life.

Real-world Opportunities:	Big ideas:
Visiting coaches – enrichment activities, such as Olympic athletes. Taster sessions in lifestyle sports such as badminton, golf, tennis etc. Participation in sporting festivals and competitions. Swimming lessons – life skills. Healthy lifestyles – personal hygiene and fitness levels. Leadership opportunities – sports Leaders	Skills -pupils learn to excel in a broad range of physical activities Activity – pupils are physically active for sustained periods of time Competition – pupils engage in competitive sports and activities Being healthy - pupils lead healthy, active live

PE IMPACT

At Usworth Colliery, we ensure that our PE curriculum is progressive and allows our children to develop fundamental before applying them to a variety of sports and activities. Pupils are given opportunities to demonstrate improvement to achieve their personal best. This will be seen upon observing the children participating during lessons and breaktimes. Their achievements will be celebrated by the individual, group, class and whole school in lessons, assemblies, on the Sporting Achievements display and on the schools' newsletters, social media and website. Our pupils are physically active, having positive implications on their learning in the classroom. They will be challenged and develop resilience, having been able to express their views through pupil voice and seen in activity clips and photographs. They will be able to explain how to lead a healthy lifestyle and the role exercise plays in this. Self-moderation and assessment are also important for the individual child to make their own conscience decisions about their active lifestyle choices. We intend for children to develop a love of sport and physical activity, that they will then pursue outside of school and in future life, utilising the skills and knowledge they acquired through PE in our school. They will demonstrate the importance and values of fair play and being a good sportsperson, supporting team mates and celebrating the success of others. The PE curriculum has been designed so that each unit taught builds on previous units in that and previous years. It is monitored regularly by the subject leaders, making necessary adaptations to the delivery of units, skills and year groups, to ensure the teaching of PE continues to be supportive, challenging and progressive in every unit of work.

The IMPACT of our curriculum will create pupils who are:

Problem solvers	An element of problem solving is included in lessons. For example, how many ways to send a ball, to receive a pass, to jump and land. Gymnastic sequences and OAA teamwork activities
Resilient	Children can demonstrate and explain their failures and how they have been able to adapt and practise to then become more successful.
Proud to achieve	The children will show their enjoyment and pleasure when they have achieved something new.
Social achievers	They will demonstrate the importance and values of fair play and being a good sportsperson, supporting team mates and celebrating the success of others.
Life-long learners	Skills and knowledge will progress and be explained in PE lessons and other curriculum subjects, such as PSHE.
Aspirational	Children will be encouraged to find an area of PE which they enjoy or excel in that they will then aspire to continue through extra-curricular activities and potential future careers.

Athlete

Coach

Sports therapist

Choreographer

Personal trainer