

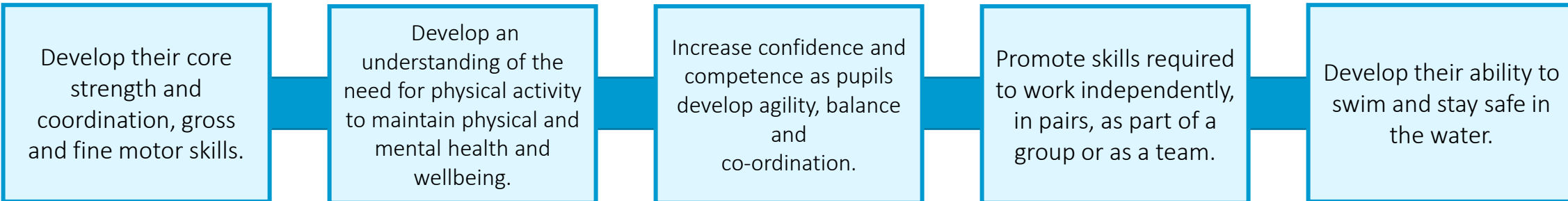


Physical Education

At Holywell, we aim to provide a PE curriculum that is, not only enjoyable, but allows pupils to experience a wide range of activities that develop health, fitness and wellbeing. We offer high-quality physical education that motivates all pupils to thrive and excel in competitive sports and other physically demanding activities, scaffolded by the Get Set PE scheme. We have a skills-based curriculum that looks at the skills that can be used across a range of sports, rather than focussing on the sports first. In the Early Years, our provision is closely aligned with the EYFS framework, supporting children's physical development through opportunities to build core strength, coordination, balance and movement as a foundation for lifelong health and activity. Children experience indoor and outdoor PE as well as swimming in KS2.

Intent

We aim to:



Implementation

How we achieve our aims:



Ambitious Curriculum for All

Our approach to teaching PE is underpinned by the

[EYFS Statutory Framework](#)

[National Curriculum](#)

and by evidence from

[Education Endowment Fund - Physical Activity](#)

[OFSTED Subject Report – PE](#)

[OFSTED Research Review - PE](#)

Substantive Knowledge	Disciplinary Knowledge	Curriculum Links	Enrichment
<p>Substantive knowledge in PE is based on deliberate practice and development of specific skills that can be used in a variety of disciplines, sports and games such as learning to:</p> <ul style="list-style-type: none"> • Hop • Skip • Jump • Balance • Throw • Hit • Catch • Kick • Swim • Turn • Roll • Copy 	<p>Our curriculum encourages pupils to think like a sportsperson, dancer or gymnast. Examples include:</p> <ul style="list-style-type: none"> • Deciding when and how to move into a space • Considering how best to combine movements to create a sequence • Thinking how hard and how far to strike a ball • Judging their own position and that of others. 	<p>PE links in various areas across the curriculum. Examples include:</p> <ul style="list-style-type: none"> • Science and PE – keeping our bodies and minds healthy • Maths – number, shape, time, position and direction • PSHE – working with others, following rules, safety, respect and personal development • Music – moving and responding to music. 	<p>We enhance our PE curriculum through:</p> <ul style="list-style-type: none"> • Extra-curricular activities and clubs • Visits and visitors • Inter-school competitions • Termly enrichment days • Assemblies • Active playtimes • Sports day • House competitions

Inclusive and Adaptive Teaching

All students participate in PE lessons regardless of ability, special educational needs, or disability. We create an inclusive learning environment where each child can engage meaningfully in the curriculum, with adaptations made as necessary.

Support

- Connections to previous learning are made in a clear manner, both verbally and visually
- Activities and resources are adapted or modified to meet need.
- One to one and small group support within lessons
- Clarification and simplification of language and instruction.
- Thoughtful use of space and environment
- Activity breaks.

Challenge

- Encouraging critical thinking by posing open-ended questions.
- Increasing physical and cognitive demand, for example, combine more movement, run or swim for a greater distance or take on a different role in a team game
- Implementing reflective activities to promote self-assessment and personal growth.

Assessment

Formative assessment takes place in every lesson:

- Questioning
- Assessing if the children are ready to move on at the point of teaching through in-class observation and discussion with pupils
- Quantitative assessment – how long, far, how many?
- Self-assessment and self-evaluation
- Peer assessment.
- Summative assessment (end of year judgement)

Components of Effective Lessons

- Clear lesson sequence – warm-up, skills development, plenary
- Paired and group work to support exploration and promote oracy and discussion
- Direct teaching which makes clear connections with previous learning
- High quality modelling
- Use of subject-specific vocabulary
- Questioning
- Consolidation through revisiting and evaluation in order to deepen learning
- Teachers and LSAs supporting learning.



Subject Leadership

Resources

- A wide range of high quality PE resources
- Video clips and online lessons such as Cosmic Kids Yoga and Get Set scheme.
- Musical pieces
- External providers

CPD

CPD includes both in-house and online training. Our school is a member of the All Active Academy which offers bespoke support for teachers and subject leads.

Quality Assurance

We quality assure through:

- Pupil voice
- Learning walks
- Staff voice

Impact

Our outcomes:



Pupils can demonstrate their knowledge, skills and understanding across a range of sporting activities.

Pupils enjoy PE lessons and are keen to participate.

Pupils can engage in moderate to intense physical activity over a sustained period of time.

Teachers are confident when teaching PE.

All children make progress from a range of starting points.