Mason Moor Primary School

MASON MOOR
PRIMARY SCHOOL

Nurture • Grow • Achieve

PE
Curriculum

PHYSICAL EDUCATION

At Mason Moor, we know that Physical Education is key to having a healthy body and healthy mind. PE enables children to have improved concentration in class and allows children the opportunity to make every child stronger and life longer. Our PE curriculum combines the acquisition of skills with the essential knowledge pupils need to lead healthy and active lifestyles.

The Physical Education curriculum aims to ensure that all pupils:

- **Develop competence to excel in a broad range of physical activities;**
- **Are physically active for sustained periods of time;**
- **Engage in competitive sports and activities;**
- **Lead healthy, active lives.**

We aim to inspire all children and for each child to fulfil their potential within PE. We want the children's experience of PE to be positive and motivating. PE enables children to become physically confident in a range of activities and sports. This supports their physical and mental health and provides them with the building blocks for a lifelong healthy and active lifestyle.

We want our children to succeed and excel in competitive sport and physical activities. We offer all children chances to compete in sport and other activities within school and outside of school. This helps the children to build character and learn values such as fairness and respect. Through PE, we develop the children's knowledge, skills and understanding of a variety of physical activities, allowing them to build their confidence and competence.

Planning

Throughout our lesson plans, pupils are presented with layered content that builds understanding over time. We know that pupils presented with disconnected information in lessons cannot build fluency or apply the knowledge and skills in meaningful contexts.

Each lesson, children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills are recapped throughout, and across, the years, each time they are being built upon; allowing children to know more and remember more.

"Some people want it to happen, some wish it would happen, others make it happen"

Michael Jordan

Each child receives 2 hours of PE and school sport per week with specialist coaches and/or class teachers. We plan sessions to cover a broad and full range of skills and activities. These include, Invasion Games, Net and Wall Games, Strike and Field Games, Gymnastics, Dance, Athletics and OAA. Children in Key Stage 2 attend swimming lessons at a local pool, they learn to swim 25 metres competently and confidently in a range of strokes. In addition to PE in curriculum time we also strive to provide opportunities for children to access a wide range of extra-curricular clubs.

We teach in a way that children:

- have fun and experience success in sport
- can join in at their own level of development
- build and secure a range of skills
- develop good sporting attitudes
- understand basic rules
- experience positive competition
- learn in a safe and supporting environment

Our curriculum aims to ensure that all pupils:

- develop their fundamental movement skills
- improve their agility, balance and coordination
- lead and join in PE games with growing confidence, developing their speaking and listening   skills
- learn useful PE vocabulary and knowledge to help them at KS3 and beyond
- enjoy fitness and understand the importance of good diet and exercise

Assessing pupil progress in PE

Teachers continually employ formative assessment to understand how pupils are knowing more and remembering more.

Each lesson, across the PE curriculum, begins with re-capping of the previous component lesson. Quick fire questions are answered verbally.

Quizzes, delivered through plenary activities, further demonstrate the knowledge pupils' have acquired. This example of low-stakes testing supports teachers in making balanced decisions on when to recap and repeat knowledge to ensure that is fully embedded.