



Physical Education at St. Alban's



Rationale:

We believe that children should have the chance to take part in PE in a safe, supportive and challenging environment. We deliver a knowledge rich PE curriculum which develops the children's, skills, knowledge and understanding so they can perform key skills with confidence in a range of situations, games and sports. We create and develop every child's lifelong interest in Physical activity as well as promote a healthy lifestyle.

Our children have a range of opportunities to compete in sport and other activities that build character and help embed the other school games values, Passion, Self-Belief, Respect, Honesty, Determination and Teamwork. We are passionate about teaching children to work together to embed life-long values.

Curriculum Intent:

Through our teaching at St. Alban's we aim to ensure that all pupils:

Are taught a well sequenced scheme of work. Which allows progression across the year as well as across each year group.

Have access to a range of sports and games across the year group.

Have a range of activities available at lunchtime to allow them to be active for at least 60 minutes a day.

Have a range of opportunities to attend competitions and festivals with other school within the local area.

Implementation:

Enrichment activities – After school clubs run by teachers, sports coaches and other agencies. Sports competitions and festivals run by Bishop Challoner Sport's games organiser.

Each class have the opportunity to do a half term worth of swimming lessons each year.

Twinkl scheme is followed across the school.

Traditional sports day every year in the summer term.

Stretch and breathe sessions for KS2.

We have a long term plan across the school which allow EYFS and ks1 to focus on fundamental skills and KS2 to focus on sports/games situations.

Government Guidelines

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week.
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day.

Curriculum Impact:

The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.

The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance

To have high levels of physical fitness.

Physical Education, School Sport & Physical Activity at St Alban's

Physical Education – Planned, progressive learning that takes place in school curriculum timetabled time.

- Learning to move
- Moving to learn
- 1 hour timetabled slot in the PE timetable.
- Year 2, 3, 4, 5 – 30 minute lunch time slot.
- KS2 Stretch and Breathe sessions to develop balance and core body strength which can help with fine motor skills and writing for long periods of time.
- Progressive curriculum
- EYFS and KS1 – fundamental movement skills.
- KS2 – games, sports, gymnastics and dance.

Our next steps:

- To develop more physically active lessons across school.



School Sport – structured learning that takes place beyond the curriculum. After school clubs that link us with community sport and activity.

A range of after school clubs across the academic year:

- Multi-skills and football for KS1.
- Girls only football.
- KS2 football.
- Netball
- Dance
- Basketball
- Rounders
- Gymnastics

Children take part in a range of competitions and festivals organised by our local School games organiser. Handball, netball, dodgeball, swimming, multi-sports

We have attended local competitions with the Birmingham Bison's Handball team.

Our next steps:

- To develop connections with local primary schools to organise festivals and inter-sport competitions.

Physical Activity – bodily movement, posture and balance. All physical activity throughout the day. Indoor, outdoor play, outdoor adventurous activity, active travel and habitual activities such as gardening.

- Wake up, shape up
- Active lunchtime – daily timetable for each year group to take part in a range of activities to ensure they are getting their 60 active minutes in every day.
- Stretch and Breathe sessions
- Weekly running club for Upper KS2 on Friday's.
- Bike and scooter days for EYFS and KS1
- Year 6 residential trip to Alton Castle.
- Year 2 & 5 trip to Conkers.
- Promotion of active travel

