

Physical Education at Buttsbury

At Buttsbury Junior School the **intent** of our Physical Education curriculum is to develop co-ordination, strength, stamina and sport specific skills. In our PE curriculum we aim to expose children to a wide range of sports and physical activities giving children the opportunity to learn different rules and tactics. We believe that our PE curriculum will contribute to a positive sense of well-being, a greater understanding of health and fitness, a healthy lifestyle and a feeling of self-confidence.

How is Physical Education **implemented** at Buttsbury Junior School?

We have a broad and balanced Physical Education curriculum at Buttsbury Junior School where children are given the opportunity to master their learning by **'applying what they have learnt to a new situation'**.

Units of learning are blocked, well sequenced and build on previous learning. Lessons ensure that progress is achieved through small steps, allowing children to develop their subject knowledge, consolidate skills and apply their learning. Strands in Physical Education include: acquiring and developing skills, applying skills and using tactics, evaluating and improving performance and Swimming.

At Buttsbury Junior School, Physical Education lessons may include:

- Warm up – understanding why these are important to our bodies
- Stretching – dynamic and static
- Skills Progression focus – variations of drills
- Application of skill to a game scenario
- Warm down focusing on stretching and regulating breathing
- Evaluation
- Subject knowledge development - correct use of sporting terminology
- Questioning
- Teacher/Coach models
- Pupil experts
- Opportunities of mastery for all and links to prior learning
- Self and peer-assessment – compare their performances with previous ones
- Range of equipment – adapted to suit individual needs
- All learners kept active throughout the lesson

What is the **impact** of the Physical Education curriculum on our children?

Children will develop a love for PE and a range of sports. PE will meet the physical and social needs of all pupils, allowing all children to succeed and achieve mastery regardless of their ability. Pupils will be able to evaluate performance and skill development of themselves and their peers.

PE engagement and participation levels are high across the school in lessons and in extra-curricular clubs resulting in a greater sense of well-being, understanding of health and fitness and an increased feeling of self-confidence.

As a result of our Physical Education curriculum, children are equipped with the necessary knowledge and skills for the next stage of their education at secondary school.

What our children say about Physical Education

Year 3 "PE teaches you lots of different sports and it is fun. It keeps you fit and means you have frequent access to exercise."

Year 4 "I like PE because I've learnt lots about Rugby which teaches catching and kicking ability, and gymnastics which helps with flexibility. A good variety of sports are taught."

Year 5 "I like PE because I like to become more active. We get to learn about lots of different sports. I enjoy being a role model to other pupils."

Year 6 "I like PE because we learn lots of different sports and it isn't just running. It is fun exercising! I've learnt how to be resilient."