



A voyage of discovery - we're sailing to success together... PE



Aims of the school?

At Trafalgar infant school it is our intention to deliver a **high-quality** physical education curriculum that **inspires** all pupils to succeed and excel in competitive sport and other physically demanding activities. Throughout their time at Trafalgar, pupils will progress their skills and have the opportunities to become physically confident and understand the importance that physical activity has on our health and fitness. Pupils will learn increasingly intelligent movements and strategies in team games, giving them the skills to use in competitive games. During these lessons, we make sure **key sporting values** are also embedded (team building, inclusion, perseverance and respect). Our intent is that pupils leave Trafalgar with the skills and enjoyment of physical education that allows them to have a lifelong participation.

What are we doing in school?

To ensure the children are receiving the best possible PE learning, teachers use the school's 'Progression of Skills' document to ensure that there is a clear progression of knowledge and skills taught across the school. Looking at what they achieved the previous year and linking this with the next progression steps. Teachers ensure that objectives are covered from the EYFS Statutory Framework and Key Stage One National Curriculum and all children will participate in at least two hours of high-quality physical education each week. In Early Years, the curriculum will ensure that the pupils are learning motor competence. Whereby they will be learning a variety of motor actions, including the coordination of fine and gross motor skills. The areas of learning will focus on fundamental movement skills and allow the children to gain confidence and skills. This will be split into 3 key areas.

1. Locomotive skills (running and jumping).
2. Stability skills (twisting and balancing).
3. Manipulation skills (throwing and catching).

Thus, giving children the fundamentals before progressing these skills in KS1. In Key Stage One, teachers will ensure that lessons include the four key strands of PE; acquiring and developing skills, selecting and applying these skills, evaluating and improving their performances and having a secure knowledge and understanding of fitness and health.

In line without agreed principles of Quality First Teaching (QFT), PE is delivered using the following QFT bullet point headings. In PE learning will look like:

Review: All PE lessons will begin with recall of prior knowledge, building on previous learning from last lesson or a previous year. This is done briefly in the classroom or before the main PE lesson.

Vocabulary: Correct PE vocabulary is taught and is found on the PE long term plan. Vocabulary is also shared on the PowerPoint at the start of a PE lesson and is used and discussed throughout. This vocab is progressive throughout each year group and between each year groups which is used when assessing the children.

Small Steps: We learn through small steps to make the learning assessable for all children, they are encouraged to build and master their current skills.

Questioning: Teachers use questioning in PE lessons regularly, making sure the children understand the vocabulary and know why certain skills are taught. This is used to assess the children's knowledge as well as using their responses to plan future lessons.

Guided practice with scaffolding: The new Twinkl PE scheme being taught at Trafalgar is blocked into 6 lessons per category. The learning is scaffolded giving them opportunities to initially learn a new skill and then practice throughout the block to gain the knowledge to master the skill.

Checking Understanding: This can be done through targeted questioning about the child's knowledge on how to complete a skill as well as vocabulary rehearsal. The assessments that take place for each subject area will also help with the understanding.

Adaptive and Inclusive: Adaptions are made within all lessons to ensure all children can access the knowledge and skills. The twinkl plans are adapted by staff to meet the need of the children in their class. We have also worked hard on having equipment that meets the needs of the children. Any children who come to Trafalgar with a particular need, we make sure we have PE equipment that will allow them to access the curriculum and lesson effectively.

Purpose: Learning comes from the EYFS Statutory Framework and Key Stage 1 National Curriculum and are occasionally linked to their topics. Cross curricular links are made with PE and maths (counting bounces, scores), geography (where in the world sports are played), PSHCE (exploring how the mind and body feels) and literacy (Reading rules and strategies).

High expectations and achievable goals: A high quality PE education engages and inspires children to develop a love of physical education and sport, raising their fitness and confidence levels. Teachers are encouraging and modelling the correct ways to complete activities and join in to show children the enjoyment of reaching a goal, while showing their high expectations. Teachers show the learning goal for the lesson and give the children real life examples.

Independence and choice, Collaboration and co-operation: Children are reflective after PE lessons with plenaries talking about the lesson and looking for ideas from the children. They also have choice through their lessons (Gym- choosing which balances and rolls to include in their sequence) and use this to build confidence in their decision making. Team games are an important part of PE and the children learn about cooperation and respect, how team members are needed to reach a shared goal together.

Feedback and response, praise and encouragement: Lessons are observed and monitored by the PE Lead to ensure consistency in teaching and progression of learning within and across year groups. Children are praised for their sporting efforts inside and out of school as well as their resilience, confidence and ability to give it a go.

What will the impact be on the children?		
I M P A C T	Children will leave Trafalgar Infant School with skills that they can transfer into sports and everyday activities. Having the desire and confidence to engage in extra-curricular sporting opportunities.	Children at Trafalgar Community Infant School will achieve age related expectations and speak in a positive way about their PE learning and enjoy PE lessons. They will also learn important life lessons, on how to cope with losing and how to praise, support, respect and encourage others. As well as a stronger mental attitude, so they can tackle tasks head on and take risks with their learning.
		The two hours of high-level PE lessons a week, daily mile activity and lunchtime sporting opportunities will improve the health and fitness of the children. They will also be knowledgeable about healthy eating and what factors relate to a healthy way of living.