

'Physical Education' Parent Workshop



What is 'Physical Education'?

Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle.

At Dean Field, we deliver a skills-based approach to Physical Education (PE), focusing on the fundamentals of movement (agility, balance and co-ordination) which start in EYFS - year 2 and then progresses on transferring the fundamentals to game based lessons. Physical Education aims to improve the wellbeing (including mental health) and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes

Who learns PE?

Children in Reception - 6 have PE lessons each week in their timetable which is taught every half term. They are taught using the scheme 'GetSet4PE' which includes a variety of sports and OAA.

In Nursery and Reception, PE is taught as part of the continuous provision 'physical development' and children have daily opportunities to explore the outdoor area.

Who leads PE?

Miss Jagger

PE at Dean Field



Physical education programmes of study: key stages 1 and 2

National curriculum in England

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education 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.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Schools are not required by law to teach the example content in [square brackets].

Teachers in Years 1-6 plan using the National Curriculum.

They use these objectives provided to plan exciting lessons to teach the children relating to the fundamental movement skills.

This provides the knowledge of the PE curriculum.

PE at Dean Field

Year 4	<p>Dance - Anna James</p> <p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p>	<p>Tag Rugby Games</p> <p><u>Key skills:</u> Physical: passing, catching, dodging, tagging, scoring</p> <p>Social: communication, collaboration, inclusion</p> <p>Emotional: honesty and fair play, perseverance, confidence</p> <p>Thinking: planning strategies and using tactics, observing and providing feedback</p>	<p>Rounders Games</p> <p><u>Key skills:</u> Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting</p> <p>Social: collaboration and communication, respect, supporting and encouraging others</p> <p>Emotional: honesty and fair play, confident to take risks, managing emotions</p> <p>Thinking: observing and providing feedback, using tactics, decision making</p>	<p>Gymnastics Body Management</p> <p><u>Key Skills</u> Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand</p> <p>Social: work safely, determination, collaboration, communication, respect</p> <p>Emotional: confidence, perseverance</p> <p>Thinking: observe and provide feedback, select and apply actions, creativity, evaluate and improve</p>	<p>Athletics F.M.S</p> <p><u>Key skills:</u> Physical: pacing, sprinting technique, jumping for distance, throwing for distance</p> <p>Social: working collaboratively, working safely</p> <p>Emotional: perseverance, determination</p> <p>Thinking: observing and providing feedback, exploring ideas</p>	<p>OAA</p> <p><u>Key skills:</u> Physical: balance, dodging, running</p> <p>Social: communication, teamwork, trust, inclusion, listening</p> <p>Emotional: confidence, resilience, determination, honesty, integrity</p> <p>Thinking: planning, map reading, decision making, tactics, problem solving</p>
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Each year group has 5 different units from 'GetSet4PE' and one dance unit delivered by Anna James.

Specialist dance teacher

We have a specialist dance teacher who comes in and teaches each class for a half term. This not only means they are getting exposed to excellent quality teaching but it shows the children that they can achieve a job in these subject areas if they so wish.

Miss James - Dance



Specialist PE teacher

We have a specialist PE company called 'Project Sports' who comes in and teaches each class for a half term.

This not only means they are getting exposed to excellent quality teaching but it shows the children that they can achieve a job in these subject areas if they so wish.

Mr Hudson delivers our lessons to the school.

Swimming

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

All schools must provide swimming instruction either in key stage 1 or key stage 2. At Dean Field, Year 5 attend swimming in order to achieve the National Curriculum statements.

The attend once a week, and work towards being able to swim confidently and be water safe.

We attend the swim school: Swimrite

Inclusivity: Supporting ALL children

Some children may need extra support in order to achieve in Physical Education. At Dean Field we encourage 'Learning Without Limits' and therefore incorporate a teaching to the top style approach in every subject where all children are exposed to the same learning but ensure high quality support is in place to assist children's individual needs to get there.

Therefore your child may...

- Use different sizes equipment to support with gross motor skills
Learn the previous year groups skill.
- Recap the previous year group skills to progress on to the current year.
 - Have a gross/fine motor skill intervention.

Assessments

Teachers use the assessment system Target Tracker to monitor each child's progress in Physical Education, tracking this each term and then plotting an end of year step judgement. This helps the teacher to plan efficiently and see what your child needs to do to improve. They then use this to inform their planning and the comments in your child's report.

Key:

Black: not taught/not achieved

Red: working towards achieving

Blue: achieved

Gold: mastered

Band 4 (22 statements)	
Acquiring and developing skills	Complete a forward roll and land on the feet
Acquiring and developing skills	Skip forwards in a fluid motion
Acquiring and developing skills	Kick a ball accurately
Acquiring and developing skills	Pass a ball from chest height to a partner
Applying skills and using tactics	Apply skills and tactics in combination with a partner or as part of a group / team
Evaluating and improving performance	Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance

Calderdale School Games

During the year, our pupils have the opportunity to compete in a variety of sports such as bowling, cross country, orienteering and football.

In 2023/2024, we were awarded Gold Award for our participation in the school games.



Monitoring Physical Education

All subjects are regularly monitored in a variety of ways at Dean Field. PE is monitored by Miss Jagger through a yearly action plan which focuses on embedding, monitoring and introducing aspects to maintain a broad and experience rich curriculum for PE across the school for all children.

Some ways this is done is by:

- Internal/cross Trust and External deep dives (lesson observations, staff interviews and book looks)
 - Learning walks (display checks)
 - Data drops and the analysis of this
 - Resource monitoring
 - Checking of planning
 - Staff training (webinars, meetings, courses)
 - Celebrating children's PE achievements
- Subject lead keeping up to date with reading, research and training

Thank you for the taking the time to read this presentation. If you would like to hear more about the teaching of PE at Dean Field please ring the office and request an appointment to speak to Miss Jagger.

