



# *Being an athlete at St Chad's*



## What do we want P.E to look like at St Chad's?

*“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.”*

*John F. Kennedy*

*Throughout their time at St Chad's CofE Primary School, children are provided with a vast array of opportunities to develop their sporting prowess and understand the importance of physical activity and healthy eating on the human body. Whilst children progress from EYFS through to Year 6, we aim to teach children the key substantive and disciplinary knowledge required to develop and excel in a wide range of different sporting activities. To support children in leading healthy and active lives, we aim to provide children with a minimum of two hours of physical activity a week, as well as aspiring to support every child to leave primary school being able to swim at least 25 metres.*

*As an athlete children will develop their fundamental movement skills through a variety of sports. This allows children to experience a range of sports as well whilst developing core skills such as throwing, catching, batting and kicking. As children progress through the school they begin to learn more about the strategies and rules involved in some of these sports.*

*As a gymnast, children will develop their flexibility, control and movement skills through a range of activities. In KS1 and KS2, children will look at different ways they can travel, how to control their body movements as well as learning how to perform movements like rolls, handstands and balances.*

*As a dancer children will have the opportunity to express emotions and ideas through a range of dance movements. Children will be able to think about how to express an idea through their bodies by creating shapes, moving in different ways and using expressions. Our dance units are based around the learning children will be completing in curriculum, allowing them to make links within their learning.*

## How do we achieve our aims in P.E at St Chad's?

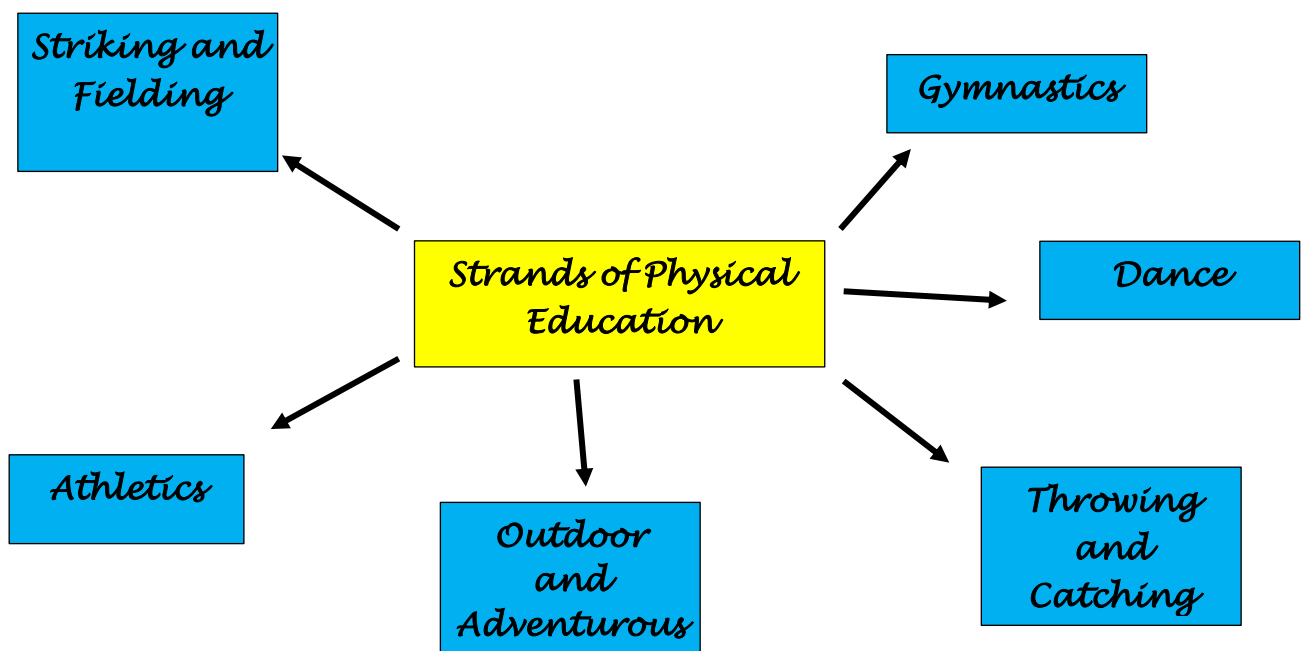
### Creating Our P.E Curriculum

At St Chad's, we believe that all children should have the opportunity to access high quality PE and Sport so that they can develop key skills in a broad range of physical activities and lead healthy, active lives. Every child takes part in a minimum of 2 hours of physical education each week with the aim of inspiring every child to enjoy physical activity.

Through the introduction of the new curriculum, our sports provision enables children to become physically more confident in a way that supports their health and fitness. In Key Stage One, children develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

In Key Stage Two, pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They communicate, collaborate and compete with each other, whilst developing an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success.

Whilst progressing through from EYFS to Year 6, children participate in P.E lessons across the following strands:



Follow this link to find out more about St Chad's Rolling Programmes.

## Power through the 5C's of Learning

Alongside St Chad's vision of 'learning to love, loving to learn', St Chad's 5C's of learning drive the creation of our Curriculum. Further information as to how the 5C's of learning positively support the teaching of P.E can be identified in the table below.



St Chad's 5C's	Using our 5C's within P.E
<b>Community</b>	<ul style="list-style-type: none"> <li>• Visits and Visitors</li> <li>• Participation in different local sporting events</li> <li>• Sporting matches across different sports with local schools.</li> <li>• Sports day events with the local community.</li> </ul>
<b>Communication</b>	<ul style="list-style-type: none"> <li>• Effective strategic communication within team games and activities.</li> <li>• Plan and choreograph as a team to create gymnastic and dance routines.</li> <li>• Discussions within class surrounding healthy living and answering of key questions.</li> </ul>
<b>Curiosity</b>	<ul style="list-style-type: none"> <li>• Developing a curiosity in terms of their physical and mental fitness.</li> <li>• Ensuring learning is taught in small steps with a focus on one key skill or piece of knowledge at a time.</li> <li>• Lessons planned cohesively to allow children to make links between units and taught knowledge.</li> </ul>
<b>Collaboration</b>	<ul style="list-style-type: none"> <li>• Self and peer-assessment within lessons.</li> <li>• Collaborative partner work when listening to and discussing different ideas when creating different gymnastic and dance routines.</li> <li>• Celebrate national and international sporting events.</li> </ul>
<b>Creativity</b>	<ul style="list-style-type: none"> <li>• Make links with our connected curriculum.</li> <li>• Opportunities to develop performances and routines both in dance and gymnastics.</li> <li>• Developing problem solving opportunities within both individual and team game environments.</li> </ul>

## P.E in the EYFS Curriculum

*P.E in EYFS is based around children learning about and developing their fundamental movement skills such as running, jumping, throwing and catching. Children also learn about finding a space and moving safely within an area. This also gives children opportunities to work on the social skills involved in playing games.*

## Talking like an athlete

*It is important that children are able to demonstrate a growing understanding of subject-specific vocabulary. A progression of vocabulary has been created to demonstrate vocabulary that is revisited and introduced.*

Year Group	Sign	Stance	Games	Athletics
Reception	Forward Sideways Balance Body	Travel Body Involvement	Over space Team Passing Catching	Walk Run Jump Fall Throw Target Jog Hop Skip Pace Pace to game
Year 1 - 2	Roll Slide Body parts Shape Jump Travel Stretch Wide Narrow	Stilts Direction Space Pace Levels Speed	Shooting Speed Direction Controlling Steering Scoring	Timed High Low Skip Ace Pace Skip Sprinting Bounce Jump Leap Hop Repeat

## Knowing More and Remembering More

*To ensure children are strengthening schemas within their memory, it is important that knowledge is constantly being developed and embedded within children's long term memories. Therefore, a knowledge progression has been developed to demonstrate how knowledge is introduced and then deepened throughout further units of learning.*

	What should a child be able to do?	Key Vocabulary	Key Teaching Points
<b>Ball Skills and Games</b>	To accurately pass and receive a range of balls in different ways with hands (chest, bounce, shoulder pass) To demonstrate control when dribbling, passing and receiving with feet To signal, pass and receive a ball To demonstrate progression down the pitch using passing, receiving and signalling To explain why their team succeeded To play with confidence in various small game formations.	Chest pass Bounce pass Intercept Shoulder pass (overarm) Overhead pass Signal Dribble Sideways swing pass (rugby) Throw Receive	1A – Chest Pass 1B – Bounce Pass 1C – Shoulder Pass 1D – Two-handed Overhead Pass 1E – Two-handed Underarm Pass 4E – Dribbling a ball with feet

*An example of how a curriculum unit is broken down into the key knowledge, vocabulary and teaching points that we want children to learn, embed and retrieve in their memory whilst progressing through the unit.*

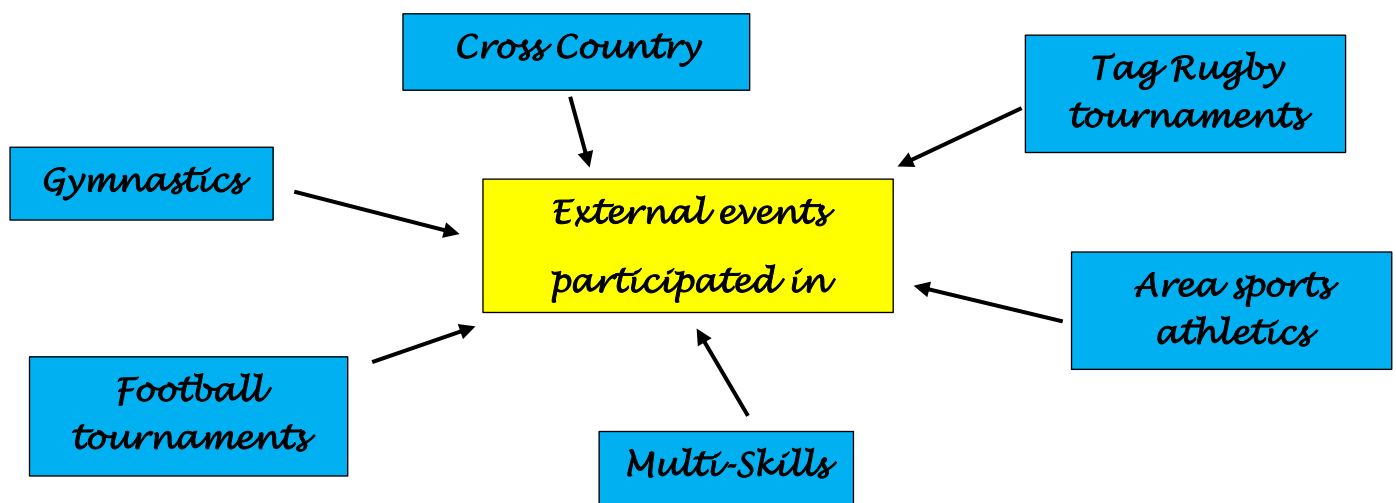
## Going for Gold

*At St Chad's we are working towards achieving gold in the School Games Mark. In order to achieve this, we are competing and inter and intra house competitions within a variety of sports. This allows children to experience and take part in sports that they may not have the opportunity to engage in outside of school. We are also encouraging children to be more active during break times and lunch times through a range of activities. We have sports leaders from years 5 and 6 who run fun activities suitable for all year groups at lunchtimes. This is to encourage children to increase the amount of time they are active and inspire them to continue this into adulthood.*



## Participating in competitions

In addition to high quality P.E. lessons within school, children have opportunities to participate in a range of inter and intra school competitions using our sports facilities. It is a firm belief that by providing opportunities for children to compete in sport, key values, such as fairness and respect, will be embedded. As a school, we continue to work with local primary schools in within our local community, and across the local authority, to organise ways in which the children can compete against other individuals and teams to enjoy the thrill of competition and apply and develop their sporting skills.



## Extra-Curricular Opportunities for Children

Children are provided with a range of extra-curricular opportunities throughout an academic year. These clubs act as opportunities for children to try something new. Some of the sports clubs we offer at St Chad's are girls' football, boys' football and dodgeball.



## How is progress assessed in P.E?

P.E is assessed in a number of different ways to ensure children are progressing their understanding of subject-specific knowledge, as well key vocabulary.

