



INTENT

Rationale:

At Buglawton, we believe that all pupils can succeed in PE. We strive for every child to not only develop their fitness and understanding of sports, but to gain pleasure and enjoyment from each lesson and activity that they participate in.

We endeavor to continuously develop every child’s skills and abilities across a range of sports and games. Through our expert-led coaching and skills to differentiate and cater for all involved, we strongly believe that all can achieve no matter what their physical and/or behavioral needs may be.

We passionately believe that through participation in sports and exercise at Buglawton, pupils will simultaneously acquire knowledge of sports whilst enhancing their health and fitness. From the foundations of core skills developed in the early years, to competition level sports within years 5 and 6. Each year offers the opportunity to build upon prior knowledge and the successes of the years before.

Ambition:

Our intention is to:

- ❖ Teach pupils how to live healthy lifestyles and make healthy choices
- ❖ Encourage pupils to develop fitness through participation in PE lessons, clubs and the daily mile
- ❖ Enhance pupils’ outcomes
- ❖ Implement expert sports coaches to deliver PE lessons and extra-curricular clubs
- ❖ Inform and ensure teachers know what pupils can do in PE and what they need to do next
- ❖ Ensure pupils benefit from effective use of the Sports Premium
- ❖ Ensure all children leave school able to swim 25 meters confidently and safely.

IMPLEMENTATION

Subject Leadership/Subject Knowledge:

- Pupils will have knowledge to make healthy choices
- Pupils will be more likely to have a healthy snack and lunch
- Pupils will be encouraged to exercise and see it as fun

- Pupils will participate in regular PE/sports sessions
- Pupils will experience a variety of sports activities
- Outside providers support and enhance provision
- Participation will be increased
- School will be more successful in competitions
- Tracking of pupils will be in place
- Data will enable actions to be taken for pupils
- Money will be spent effectively
- Link Governor will have a good understanding of standards and current areas of development

Equitable delivery:

Throughout the year, each class will be given the opportunity to participate in a range of sports, games and activities. An example of some of the classes can be seen below:

	<u>Autumn</u>	<u>Spring</u>	<u>summer</u>
<u>1</u>	<u>Fundamentals/ team games</u>	<u>Fundamentals/ dance</u>	<u>Fundamentals/athletics</u>
<u>2</u>	<u>Fundamentals/ team games</u>	<u>Fundamentals/gymnastics</u>	<u>Fundamentals/athletics</u>
<u>3</u>	Basketball / indoor athletics	Rugby /gymnastics	Cricket /town sports
<u>4</u>	Football/ swimming	Basketball/ swimming	Rounders / town sports
<u>5</u>	Netball /indoor athletics	Hockey / dance	Cricket /town sports / swimming
<u>6</u>	Football / Indoor athletics	Netball /gymnastics	Rounders/ town sports / swimming

In addition to this, we are passionate about developing a good understanding of a healthy lifestyle, which requires a good knowledge of a healthy diet and how our body works. Therefore, we will be continuously discussing and promoting such knowledge in every stage of the children's school lives.

Moving forward, we realise how important it is that each year builds upon the foundations set previously. Using the children's prior knowledge and consistently expanding on this is vital for the children to develop and grow in confidence and ability. Therefore, we strive to establish and accomplish particular knowledge and skills as each year progresses through the school:

Pre-school/Early years

Developing an understanding of basic movements and control of their bodies; listening and following instructions; beginning to work collaboratively and interact with others to achieve a goal; developing motor skills.

Reception:

Develop fundamental skills; focussing on directional movement and the ability to manipulate objects for a purpose; beginning to look at ball skills and simple techniques, from hand-eye coordination to moving over and around obstacles with success; collaborating with others with a purpose and understanding the world around them.

KS1:

Continue to develop fundamental skills. Beginning to participate in a range of different sports and mini games; looking at the small skills needed to participate; developing skills such as throwing, catching, balance, strength and fitness; getting involved in team games where teamwork is key to success; breaking down the fundamental skills required for the sports that they will participate in in the future; beginning to play competitively and start to understand the meaning of good sportsmanship.

LKS2:

Developing the understanding of the body and how it works; understanding the importance of warming up, cooling down and stretching; discussing the importance of a healthy diet and exercise to fuel the body; researching and looking at a range of athletes; moving into more competitive sports and games where they can adapt their skills and prior knowledge at a higher level; increasing core skills and fitness as the years progress.

Additionally, in Year 4, the children will be given the opportunity to learn how to swim with weekly swimming lessons.

UKS2:

Now at a more competitive level, lessons are structured to hone skills, learn techniques and adapt knowledge of games into real life competitions. Discussions of good sportsmanship is also key here. Development of speed, stamina, strength and balance continues as it is vital for the competitive nature of inter-school competitions which they will be taking part in.

MODELLED:

Fundamental skills and techniques are demonstrated by the teacher in an easy to follow, step-by-step instruction.

GUIDED:

- Pupils are given the opportunity to trial observed techniques and skills with verbal feedback and constructive advice to help them improve

INDEPENDENT:

- Pupils implement their newly acquired skills within live games during which they must recall the different techniques learnt and use them in a competitive setting. For example, choosing whether to chest pass vs bounce pass in basketball, or dribble and push forward vs pass and move in football. An understanding of the sport is vital in order to know which skill to use.

Planning the Progression Model:

Buglawton tracking system allows the school to track each pupil against the national curriculum's objectives as the year progresses.

Alongside curriculum tracking, we have also planned a termly health and fitness assessment in order to track how the core skills are developing, these include: strength, stamina, speed, balance, hand-eye coordination and knowledge.

Breadth and Depth:

EYFS: Open opportunities to explore a range of movements, skills and techniques.

KS1: Development of skills and access to a wide range of equipment and opportunities, during which the fundamentals are broken down and built upon term after term for a range of sports and games.

KS2: Opportunities to take part in real competitions and games within clubs, lessons and live inter-school events. This will develop the children's understanding of the body, health and fitness, as well as their knowledge of rules in sport and their ability to work collaboratively.

IMPACT

Assessment:

Formal assessment points are made at the end of each term in order to track the development of fitness, skills and understanding as each term progresses

The benefits of this practice are:

- Enhanced skills, understanding and physical ability across a range of sports
- Improved understanding of health and fitness and the importance of a balanced diet
- Increased enjoyment and participation across the school