



PE Lovelace Way 2022- 2023



At Lovelace, we believe that PE is crucial for every child and we aim to inspire children to enjoy being fit and healthy, to foster a belief in themselves and what they can achieve.



“Exercise not only changes your body, it changes your mind, your attitude and your mood.”



There's no such thing as bad weather – only the wrong clothes.

Billy Connolly

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Intent

At Lovelace Primary school we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development to ensure they feel healthier and happier. Our aim is to ensure that all children have at least 60 minutes of physical activity a day. We intend to deliver high quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing key life skills to be successful in the wider world. We are committed to teaching all children skills to keep them safe and happy, such as all children being able to swim by the time they leave Lovelace. We believe, through experiences and a broad balanced and progressive curriculum to all children, they will continue to have the motivation, confidence, physical competence, knowledge and understanding to value sport and PE. We also think it is vital that we teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and to embed life-long core values. Our PE curriculum aims to improve the fitness and wellbeing of all children at Lovelace Primary School, not only through PE lessons but through all aspects of being a pupil at Lovelace. Our intention is to develop a lifelong love for physical activity and there should be no barriers that prevent this so they lead long healthy lives..

Implementation

- A progression of skills is used with each year group, which enables pupils to build on and PE Curriculum Statement develop their skills each year for each area, with regular assessments in each lesson .
- Our lunchtimes at Lovelace are an important time for children to engage in physical activity and for all children to access an opportunity to engage in 60 minutes of physical activity. Lunchtime activities and equipment is provided. These include: basketball, table tennis teacher led sports clubs, skipping, tennis and badminton.
- The long term plan sets out the PE units which are to be taught throughout the year and ensures the requirements of the National Curriculum are fully met whilst making progress year to year.
- All children at Lovelace have access to a broad variety of extracurricular activities. These include: Karate club, Gymnastics club, running club, Chelsea Football club, teacher led football, multi sports, cheerleading, cricket.
- Every child has the opportunity to experience competition in PE lessons through intra-school competitions each half term based on the school house system.
- All pupils at Lovelace take part in the Daily Mile at least 3 times a week for 15 minutes of continuous exercise. Increasing and building endurance and stamina.
- All pupils take part in the WOW active travel scheme which encourages children to walk, scooter, cycle or park and stride to school rather than take the car.
- As well as taking part in borough competitions and the London Youth Games, children at Lovelace take part in festivals for sport to give opportunities to all .

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- Children have the opportunity to participate in a wide range of competitions. Our participation and success in sporting events raise the profile of PE further and creates even more enjoyment of physical activity. This links in with our intent of allowing all our children to be physically active for life and understand the benefits of this.
- Our teachers receive regular CPD for gymnastics and country dancing to enable teachers to feel confident in what they are teaching.
- All staff receive skipping workshops CPD and children also take part in skipping workshop to support their 60 minutes of exercise a day.
- Children receive special workshops from experts in country dancing and gymnastics to enable them to feel confident in their abilities.
- All children from Reception to Year 6 learn to swim at Lovelace in our own pool at school taught by a swimming teacher following the requirements for Swim England. We aim that all children can swim unaided for 20m by the time they leave Primary school as well as life saving techniques.
- Other after-school provision is aimed at children experiencing a broader range of sports and activities.
- Teachers are encouraged to let children have active brain breaks which includes 5 a day fitness and Go Noodle.

Impact

The impact of this curriculum design will lead to outstanding progress in their performance, competition and social and mental development. Children will therefore be expected to leave Lovelace a well rounded individual physically, socially and mentally and will have reached at least their expected level in PE. We hope the children will understand the importance of physical activity, sport and PE and motivate children to become confident, resilient and disciplined, so that they become independent and take responsibility for their health and fitness throughout their life.

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Our pupils will:

- Be taught by positive role models who inspire them to have fun with movement and being active.
- Learn in a safe and supportive environment.
- Participate in a wide range of sporting activities.
- Learn to swim.
- Learn to manage the skills of their own body.
- Gain experience within competitive and corporate team sporting games.
- Have opportunities to attend a range of extra-curricular sporting clubs- See Appendix
- Participate in whole school events like Sports Day, Sport Relief, Country Dancing, Skipping and Daily Mile.
- Be given opportunities to represent the school within different sports.
- Be celebrated in their own physical accomplishments and be challenged to a level which is suitable for them.
- Have opportunities to access and explore using a range of sport equipment during their lunch play.

Practicalities:

- ✓ PE is taught formally twice a week, 1 hour with a specialist teacher and 1 hour with the class teacher. We offer a balanced range of relevant and varied activities. See Appendix. Curriculum Guide.
- ✓ We have two indoor halls and a great outdoor space for PE lessons.
- ✓ Daily active breaks are promoted with our school membership to 5 a day fitness website- a great interactive online resource.
- ✓ Swimming is taught from Reception up to Year 6 in Autumn Term 1, Summer Term 1 and Summer term 2.
- ✓ All children aim to run for 15 minutes a day continuously in the Daily Mile
- ✓ All pupils have at least 45 minutes of active play at morning playtime and lunch playtime

EYFS

In the Early Years Foundation Stage Curriculum and carefully planned provision are designed to support children's physical development. We offer daily playful opportunities for children to engage in physical activity both in and outdoors. Our children have access to free flow play for sustained periods of time and are encouraged to use our large outdoor environment including our forest school, mud kitchen, play equipment and trim trail. We access this environment all year round and in all weather conditions to support the development of gross and fine motor control, balance, coordination, confidence and problem solving skills. We explore meditation, yoga, massage and relaxation techniques and share a range of healthy snacks to develop our understanding of the importance of a balanced and healthy lifestyle.

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National Curriculum requirements

Key Stage 1 children are taught to master basic movements, participate in team games and perform dances using single movement patterns. **Key Stage 2** will further build on the basic skills acquired from Key Stage 1, this will include developing children's strength and technique. Children will be given lots of opportunities to compare performances and demonstrate improvement to achieve personal bests. The children will continue to explore sporting activities on an individual and team basis. See *Appendix - Curriculum Guide*.

Planning:

- ✓ The PE Team plan the curriculum guide so all teachers are very clear on their long term view of the subject. See *Appendix*
- ✓ The PE specialist plans their own lessons and coordinates with teachers as to what needs re-visiting for when the teacher teaches their lesson that week.
- ✓ Teachers are provided with clear plans and objectives for country dancing, gymnastics and orienteering. The three areas in which they are required to teach to their class.
- ✓ All lessons should include a quick warm up, with movements which will benefit the forthcoming lesson, i.e. heel bottom kicks before running.
- ✓ All lessons should include a cool down stretching session.
- ✓ All lessons should include science behind why exercise is good, muscles, heart, blood etc.
- ✓ We offer regular staff CPD opportunities to aid their planning and practical skills in different key areas such as: gymnastics, skipping, contemporary dance and country dancing. .

Celebrating Success

At Lovelace we believe celebrating sporting success is very important. We do this a number of ways

- ✓ Ensure the weekly Newsletter includes all competition news.
- ✓ The PE display is kept up to date with all competition photos and awards.
- ✓ The PE specialist keeps class teachers informed with children's big stepping stones after lessons, to ensure children get the praise they deserve.
- ✓ We enjoy whole school celebrations, which has included Skipathons, Country Dancing, Skipping Workshops, England does the Daily Mile and Sport Relief.
- ✓ The children have opportunities throughout the year to be involved with festivals whereby their sport or skill is shared with other local schools, in a very non- competitive way.
- ✓ Sports Day involves lots of fun competition where children can score points for their different house teams. Lots of fun and team spirit amongst year groups and key stages.
- ✓ Great feedback from Ofsted (full report) 2015. See *Appendix*

Current Awards & Achievements

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- ✓ Gold Healthy Schools Award.
- ✓ Platinum School Games Award 2021/2022
- ✓

2021/2022

- ✓ Children took part in Skipping workshops to improve their confidence.
- ✓ Enabled active playtimes for all by implementing different types of equipment Including: hoops, bean bags and bats and balls.
- ✓ New skipping ropes given out to classes to support active playtimes.
- ✓ Continued with active travel where children can gain WOW travel badges.
- ✓ Gymnastic CPD delivered to teachers with two teachers receiving 6 sessions working alongside a gymnastics coach.
- ✓ Gymnastic workshops delivered to all children from Years 1-6.
- ✓ Country dancing CPD for all staff.
- ✓ Country workshops for all children to enable them to take part in the upcoming Platinum Jubilee.

How do we collect evidence for PE?

Due to the practical nature of PE, evidence is collected in many different ways:

- ✓ We use video evidence which is then stored on our main system. R Drive- Subject Resources.
- ✓ The PE specialist completes brief notes on children throughout the year and a formal assessment sheet is then given to teachers at the end of each half term, to inform their data and final reports.
- ✓ We upload many sporting event photos and videos onto the school website.
- ✓ During PE lessons teachers use formative assessment opportunities to gauge where children are with their fitness and level of skill.

Key Ingredients to Great Teaching in PE

At Lovelace, pupils have many opportunities to participate within a broad range of sporting activities.

- ✓ **Teach PE with Enthusiasm-** The children will imitate the attitudes of those around them, especially of their role models. Teachers do not need to be fitness experts, we will all have a different skill set but it's about showing the children a willingness to try and an attitude of achieving their own personal bests within PE.
- ✓ **Limit the time Children are Standing Still-** PE is about being physically active, keep teacher talk to a minimum and ensure the children are kept moving as much as possible.

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- ✓ **Class Management-** Ensure you have a visual prompt, whether this is a hand signal or sign that you can easily show the class to get their attention. PE is very different from all other classroom based activities, children are working within a much larger space and the teacher needs to be confident in a way to get the children's attention quickly.
- ✓ **The Importance of Clear Demonstrations-** The skills/ activity needed in the PE lesson need to be modelled prior to children being expected to imitate the activity themselves. The teacher can do this themselves, or choose children who are particularly strong within that aspect of PE. Also, the internet can be used prior to the lesson or as part of the starter, to share video/sporting clips.
- ✓ **Differentiation and Flexibility-** Ensure children are adequately supported at the level they are working out, be clear on regressions and progressions of the skill, so children can be suitably challenged. Be flexible, during lessons, groups may need to be altered and adjusted depending on the needs of the group.
- ✓ **Warm up and Cool Down-** Each lesson must consist of these basic parts. Children need to be made fully aware of injury prevention and either end of the lesson is a good time for the human biology to be described.
- ✓ **Keep it Fun-** Ensure there is enough content within a lesson to ensure it's fast paced and remains fun. Ensure you have a few game routines that you know the class responds well to. You can always use the game concept and amend it to hit different skills.
- ✓ **The End goal-** Ensure the children know what they are working towards, e.g. an inter-house rugby competition at the end of the half term or a dance celebration. It will help keep children's focus when they know the end result and will give them something to work towards.

Resources available

- ✓ We have two large halls at Lovelace, both with stocked PE cupboards.
- ✓ The PPA room has lots of PE resources to assist with planning, including useful DVDS to help teach children specific skills.
- ✓ A swimming pool.
- ✓ Specialist PE teacher who teaches from EYFS to Yr 6. Also a great source of advice and knowledge.
- ✓ CPD and Insets provided to keep staff up to date in their skills- guided from needs of the staff or areas of the SDP which we have highlighted as need for the children.
- ✓ A lovely large field, with two goal posts.
- ✓ Woodland Area and Large School site which is great for activities like orienteering or cross country.
- ✓ Netball and Basketball hoops.

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- ✓ Tennis nets
- ✓ Table tennis resources.
- ✓ Daily Mile track
- ✓ Playground Squad (Yr 6) have the responsibility of lending PE sports equipment for KS2 children to use during lunchtime.
- ✓ Lunchtime supervisors in the KS1 playground use sports equipment to play different games with the children.
- ✓ We have a great network of local schools and events can be arranged with ease, i.e. football leagues
- ✓ Online membership to 5 a day fitness- an interactive resource for teachers to use. Also accessible via the school website for children to use at home.

Links to the 101 Must Have Lovelace Learning Experiences

Bronze EYFS	Get yourself dressed and undressed Travel to school in a sustainable way Complete a 5 step obstacle course
Silver Year 1 / 2	Be confident in the swimming pool Complete an activity race Design and play an obstacle course
Gold Year 3 / 4	Create and perform a dance routine Swim 10 metres and how to be safe in the water
Platinum Year 5 / 6	Understand how to live a healthy lifestyle Cycle safely to school Swim 25 metres unaided

Appendix

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Extra Curricular Activities- Summer 2 Example

These are to the needs of the school for that term and also competitions which need training

Before school
Running Club Yr 3 - Yr 6
After School
Chelsea FC Football Yr 1 - Yr 6
Gymnastics Yr 3 - Yr 6
Karate Mo-ichido Martial Arts Yr 2-6
Dodgeball and Archery Yr 1-6
Cricket Yr 5-6
Football Yr 5-6
Rugby Year 1-6
Athletics Yr 4-6
Multi Sports 1-6

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Participation in Borough Competitions



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In School School Events



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PE Curriculum Map 2022/2023

Year Group	<u>Autumn 1</u> Country Dancing CPD Daily mile	<u>Autumn 2</u> Daily mile	<u>Spring 1</u> Gymnastics CPD for CT	<u>Spring 2</u> Skipping workshops	<u>Summer 1</u> Swimming	<u>Summer 2</u> Sports Day
<u>CPD</u> <u>End of Topic</u>	Year 3-6 House Tag Rugby competition	Year 3-6 House Football competition	Dance competition Gymnastics	Year 3-6 House Basketball competition	Year 3-6 House Cricket competition	Country Dancing Festival Sports Day
<u>Reception</u>	CF: Multi skills	CF: Throwing & Catching. Basic Invasion games CT: Country Dancing	CF Contemporary Dance CT: Orienteering	CF Throwing, Catching, Shooting CT: Gymnastics	CF Bat and Ball skills Swimming	CF Athletics and Sports Day Prep Swimming

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<u>Year 1</u>	CF: Multi Sports Swimming	CF: Throwing & Catching. Basic Invasion games CT: Country Dancing	CF Contemporary Dance CT: Orienteering	CF Throwing and Catching Shooting CT: Gymnastics	CF Bat and Ball skills Swimming	CF Athletics and Sports Day Prep Swimming
<u>Year 2</u>	CF: Multi Sports Swimming	CF: Throwing & Catching. Basic Invasion games CT: Country Dancing	CF Contemporary Dance CT: Orienteering	CF Throwing and Catching Shooting CT: Gymnastics	CF Bat and Ball skills Swimming	CF Athletics and Sports Day Prep Swimming

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<u>Year Group</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Year 3</u>	C:Tag rugby Swimming	CF: Football CT: Country Dancing	CF: Contemporary Dance CT: Orienteering	CF: Basket Ball/ Tennis CT: Gymnastics	CF: Cricket Swimming	CF:Rounders Outdoor Athletics Swimming
<u>Year 4</u>	CF: Tag rugby Swimming	CF: Football CT: Country Dancing	CF: Contemporary Dance CT: Orienteering	CF: Basketball /Tennis CT: Gymnastics	CF: Cricket Swimming	CF:Rounders Outdoor Athletics Swimming

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<u>Year 5</u>	CF: Tag rugby Swimming	CF: Football CT: Country Dancing	CF: Contemporary Dance CT: Orienteering	CF Basketball/ Tennis CT: Gymnastics	CF Cricket Swimming	CF Rounders Outdoor Athletics Swimming
<u>Year 6</u>	CF: Tag rugby Swimming	CF: Football CT: Country Dancing	CF: Contemporary Dance CT: Orienteering	CF Basketball/ Tennis CT: Gymnastics	CF: Cricket Swimming	CF:Rounders Outdoor Athletics Swimming