



Cromwell Academy Physical Education Strategy Statement

Intent

At Cromwell Academy, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities as part of a curriculum that allows children to **develop, explore, link, remember** and **experience** a variety of athletic opportunities. Our aim is to inspire all children to succeed in physical education and develop life skills that will allow them to be healthy adults. We want to teach children skills to keep them safe, such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness, dedication, determination and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Cromwell Academy, not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes.

<i>PE</i>	Gymnastics Fundamentals	Gymnastics Fundamentals	Gymnastics Fundamentals	Dance Swimming Gymnastics Ball Handling	Gymnastics Ball Handling Dance Swimming	Dance Ball Handling Gymnastics Ball on Ground	Gymnastics Ball Handling Dance Healthy & Active Lifestyles
	Dance Fundamentals Gymnastics	Dance Outdoor & Adventurous Activities Gymnastics Fundamentals	Dance Outdoor & Adventurous Activities Gymnastics Fundamentals	Gymnastics Outdoor & Adventurous Activities Dance Net-Wall Games	Gymnastics Outdoor & Adventurous Activities Dance Net-Wall Games	Dance Swimming Gymnastics Ball Handling	Gymnastics Ball on Ground Swimming Ball Handling
	Dance Fundamentals	Dance Athletics Striking & Fielding	Dance Athletics Striking & Fielding	Ball on Ground Athletics Striking & Fielding	Ball on Ground Athletics Striking & Fielding	Healthy & Active Lifestyles Athletics Striking & Fielding	Dance Athletics Striking & Fielding

Implementation

PE at Cromwell Academy provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, striking and fielding games, gymnastics, dance, swimming and outdoor & adventure. The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the skills being taught are developed from the skills taught in the previous year. Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In these lessons, each child will be given the opportunity to **develop, explore, link, remember** and **experience** as part of their learning experience.

Through using this consistent and key vocabulary, pupils will:

Develop- To **develop** movement skills, communication, teamwork & physical literacy.

Explore- To **explore** ideas, concepts, movements & actions to become a competent performer.

Link- To **link** knowledge & understanding of the PE Curriculum with other curriculum areas and beyond.

Remember- To **remember** what has been learnt & apply this in a meaningful way. 'Stickability'

Experience- To **experience** a wide range of activities, competition, groupings, equipment & partnerships within the physical domain to promote a healthy active lifestyle.

Extra-Curricular Opportunities

In addition to this, children are encouraged to participate in a varied range of extra-curricular activities.

Play Leaders

Lunch time sports clubs and equipment are available each day through the use of trained Play Leaders. Play Leaders undertake an extensive training programme in year 5 where they learn to **develop, explore** and **link** ideas for sporting games for younger peers. This supports all pupils in practising, **remembering** and **experiencing** a wider breadth of sports

skills in context. They develop into sporting role models for the younger children, assisting with lunch-time clubs and other sporting activities.

Out of Hours

Extra-curricular provision is also offered through out of hours clubs and are led by specialist sports coaches. Pupils participate in football, dodgeball and dance classes in addition to the curriculum offer.

Competitive Sports and Festivals

Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children. By the time pupils leave Cromwell, we aim for every child to have represented the school in a sporting event.

Swimming

Children in key stage 2 attend swimming lessons, delivered by specialist swimming teachers, at the local secondary school pool. Swimming lessons start in year 3 and cover a 6-week block. Skills in swimming are built upon the following year in order to meet the minimum expectations. Pupils who have not met the expected minimum standard in swimming by the end of year 4 are offered top up lessons in year 5 and 6, to ensure this target is achieved by the end of primary school.

Impact

Pupils are motivated to participate in a variety of sports through quality teaching and extra curricula activities that are engaging and fun. Our approach to teaching and our curriculum sequence develops resilience, responsibility, strength, stamina so that children enjoy and learn from both the success and disappointment of competitive sports. They gain an understanding of the impact of sport on their own health and fitness and acquire skills that can be transferrable into other areas of life.

Success in PE is measured through formative assessment during lessons which informs future teaching to ensure all pupils make at least expected progress from their starting points. Termly summative assessments help to plan and target teaching appropriately at class level and support the monitoring and development of the subject.