

## Curriculum Ambitions for Physical Education at Parkside Community Primary School

### Key resources to support our PE Curriculum

- KS1/KS2 National Curriculum: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/239040/PRIMARY\\_national\\_curriculum\\_-\\_Physical\\_education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf)
- Complete PE (Our PE curriculum) <https://www.completepe.com/>
- Positive Minds Programme: <https://www.watfordfccsetrust.com/project/positive-minds/>
- Joy of Moving Programme: <https://www.watfordfccsetrust.com/project/joy-of-moving/#:~:text=Move%20%26%20Learn,-Move%20%26%20Learn%20is&text=Consisting%20of%209%20hours%20of,and%20lead%20an%20active%20lifestyle.>
- Primary Stars Programme: <https://www.watfordfccsetrust.com/project/premier-league-primary-stars/>
- Mental Health Week alongside Place2Be: <https://www.place2be.org.uk/>
- Evidence of PE/Competitive Sport/Wellbeing evident on our Twitter, Facebook and Instagram.
- Moki Health bands (Yr3-6) <https://moki.health/>

Curriculum Ambitions	To increase the engagement of all pupils in regular physical activity according to the Chief Medical Officers guidelines, who recommends that primary school pupils undertake at least 30 minutes of physical activity a day in school	To Increase confidence, knowledge and skills of all staff in teaching PE and sport.	Children understand importance of Healthy lifestyles to improve mental and physical well-being.	To increase competence and confidence in Swimming by ensuring more children are able to reach the national requirement of swimming 25m by the end of KS2	To Increase participation in competitive sport in KS1 and KS2
Reasoning	To create an environment which allows children to become more Physically active as this will promote our core plan for PE –	To ensure our staff feel confident and supported within their delivery of our ambitious PE curriculum.	To help support our children be more aware of their own and others mental/physical wellbeing. For children	Swimming is the only sport to be included within the national curriculum physical education programme of	To allow our children to experience competitive sport. The art of losing, winning, drawing to enhance the overall experience of sport and competition. Through our PE curriculum, we are

	<p>Healthy Body, Healthy Mind.</p>	<p>If staff feel confident, then they will enjoy teaching a wide range of skills.</p>	<p>to be more confident when talking about how they are feeling, whether happy or sad.</p>	<p>study. All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.</p>	<p>preparing the children with the development of key skills to then be competition ready.</p>
<p>Progression of Skills</p>	<p>We aim to provide a range of activities both during the school day and after school.</p> <p>We have increased the number of clubs for children to therefore increase participation and gain new skills in a range of different sports. For example: Table Tennis, Golf, Multi Sports, Football, Quidditch.</p> <p>Our PE team has also started to develop provision for physical activity at lunchtime by; Increasing the amount of playground resources to provide playground activity facilitated by MSA's and year 6 playleaders. The school has also undergone playground training to enhance the children's experience through play and sport.</p>	<p>Through the use of our PE specialise and PE lead, staff are able to team teach, observe, plan together.</p> <p>Use of high-quality external providers to offer CPD through their sessions, not as PPA cover. All teachers are expected to take part in sessions with the long-term goal of improving their own practice.</p>	<p>Through Mental Health Awareness weeks, children are given the opportunities to talk about their feelings, dreams, opportunities.</p> <p>Children are given the opportunity to discuss what Mental Health means to them and how it can affect everyone.</p> <p>In Year 6 children will take part in a 10-week program called Positive Minds led by Watford or PE lead. **Positive Minds; Education is a 10-week wellbeing programme combining classroom and practical based activities to engage Year 6 students in the topic of mental health. Year 6 is a time of transition, during which young people are more likely to experience and develop mental health issues. The programme has been developed to support</p>	<p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water-based situations</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>	<p>Skills to be developed through PE sessions, Lunch time activities, after school clubs to ensure children are prepared to compete.</p> <p>Focus on personal development (key life skills) through competition, bespoke to pupils needs.</p> <p><b>KS1 Skills: Pupils should be taught to:</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Perform dances using simple movement patterns.</p> <p><b>KS2 Skills Pupils should be taught to:</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply</p>

	<p>Not only does this benefit the physically skills but communication/listening skills will also be developed and enhanced.</p>		<p>students ahead of this change, to help them increase their knowledge, and instil key tools to improve and support their wellbeing.</p>		<p>basic principles suitable for attacking and defending</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>Perform dances using a range of movement patterns</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
<p>Experiences we could offer</p>	<p>A variety of after-school clubs</p> <p>Craze of the week to be led at lunch time</p> <p>Active Mile to promote fitness linked to the Daily mile initiative.</p> <p>Use of the MOKI health bands to track the level of activity of each child in KS2</p> <p>Use of the gym to promote core training</p>	<p>Staff have full access to the online Complete PE program which offers plans, resources and over 7,000 success videos. It is a portal which also offers many online CPD opportunities for our team.</p> <p>Watford FC through Primary stars offer high quality sessions, which Teachers are actively involved and are observed during some sessions.</p>	<p>Promote cultural diversity - through different workshops (Show Racism the red card)</p> <p>Mental Health awareness days with Place2be</p> <p>Joy of Moving and Positive Minds programmes led by Watford FC</p> <p>Displays around school - KS2 corridor / Main Hall</p>	<p>Termly Swimming sessions for all children</p> <p>Booster Swimming sessions at the end of KS2 through the use of our sports premium fund</p> <p>Opportunity to represent the school in a local swimming gala</p>	<p>We enter numerous competitions as part of the Borehamwood Consortium as well as the Watford school's consortium due to our partnership with Queens.</p> <p><b>Football/Netball/Athletics/Table Tennis/Cross Country/Cricket/Speed Stacking/Gymnastics/Dance</b></p> <p>We take part in a number of regional and national tournaments hosted by Watford Football club. Our children are given the opportunity to play at Watford's training ground and watch live games at Vicarage Road. Children are also given the opportunity to take penalties in front of 22,00 at half time during a league match.</p>

	<p>Fitness sessions led by PE lead.</p>	<p>Bobbie Wanless from StarryEyed Drama and Dance conducts CPD in Dance</p> <p>Staff Voice initiatives to help support the PE team going further to improve long term development. These consist of: Parent responses, Pupil response and staff responses.</p>	<p>New Playground system - Craze of the week</p> <p>Play Leaders</p> <p>Take part in charitable events - Marathon and timed skip-a-thon (British Heart Foundation)</p> <p>National Childhood day as part of NSPCC initiative.</p>		<p>We take part in inter-class competitions.</p> <p>We take part in 'This girl can Roadshow' (Promotes Women in competitive sports)</p> <p>Youth Sports Trust Questionnaire/Analysis</p>
--	---	--	---	--	--