



Physical Education (PE) at St.Alban's CE Primary School

What is Physical Education?

Physical Education, also known as P.E., is a wonderful subject that focuses on promoting physical fitness, well-being, and overall health in children. It's all about getting active, moving your body, and having a lot of fun in the process. It is a core component of the curriculum in primary schools.

Why is Physical Education important to our school?

Physical education at St Alban's emphasises the development of social and teamwork skills. Through group activities and team sports, children learn how to cooperate, communicate, and respect one another's abilities and boundaries. PE is a subject that combines learning, play, and personal growth, making it an essential part of a well-rounded education. In addition to physical skills and teamwork, primary school PE may also focus on building knowledge about health and wellness. This can include discussions about the importance of regular exercise, basic nutrition, hygiene, and the benefits of an active lifestyle.

The primary goals of physical education in primary school include:

1. **Developing motor skills:** Physical education helps children acquire and refine basic movement skills such as running, jumping, hopping, skipping, throwing, catching, and balancing. These fundamental motor skills lay the foundation for more advanced physical activities and sports.
2. **Promoting physical fitness:** Physical education aims to improve children's overall fitness levels by engaging them in activities that enhance cardiovascular endurance, muscular strength, flexibility, and coordination. Through regular participation in physical activities, children develop healthier bodies and establish habits of exercise.
3. **Encouraging active lifestyles:** Physical education seeks to foster an appreciation for lifelong physical activity. By exposing children to a variety of sports, games, and fitness exercises, PE classes aim to help students discover activities they enjoy and develop a positive attitude toward being physically active outside of school.
4. **Building teamwork and social skills:** Physical education provides opportunities for children to engage in cooperative and competitive activities with their peers. Through team sports, group exercises, and organised games, students learn to communicate, collaborate, and work together to achieve common goals. These experiences help develop essential social and interpersonal skills.
5. **Promoting health knowledge:** Physical education also includes education about health-related topics such as nutrition, hygiene, safety, and injury prevention. Students learn about the benefits of regular exercise, the importance of a balanced diet, and how to make healthy lifestyle choices.

How do we teach Physical Education at our school?

We follow the National Curriculum to structure our PE curriculum, as we know that this means our curriculum is ambitious for all pupils.

At St Alban's we teach PE discretely.

For PE, we have thought carefully about how we sequence learning over time and have broken down learning into small steps or building blocks, starting from when children enter primary school until they leave. At each step, we consider what specific knowledge and understanding we want our pupils to know and remember at each stage of their learning and in each subject. The end of the Foundation Stage, KS1, Lower KS2 and Upper KS2 are key end points for each of these building blocks of our curriculum. We know what we want our pupils to know and remember at each of these end points, focusing on what will be most useful to them, and have sequenced lessons over time to reach those end points.

PE at St Alban's C of E Primary School plays an important part in the curriculum and all pupils have the opportunity to undertake two hours of PE each week. We use our PE lessons to cover the six main areas of the National Curriculum (dance, gymnastics, games, swimming, athletics and outdoor and adventurous activities). Swimming is also provided for our children as part of the KS2 curriculum.

To support planning, we use PE Planning Scheme of Work. This scheme provides full coverage of the primary PE programmes of study. The scheme of work provides access to all subject knowledge and objectives in a range of contexts to support the embedding of these concepts and skills.

The image shows two pages from a PE Planning Scheme of Work. The left page is titled "PE planning skill development // key shapes gymnastics - year 1 - unit 1 - lesson 2". It contains "how to set up" instructions, "how to play" instructions, and a "plenary" section. The right page shows four illustrations of children in different poses labeled "hamstring", "arm", "quadricep", and "side", with "how to play" and "plenary" instructions below them.

What we want children to know and remember

Our curriculum has been carefully designed so that pupils gain more knowledge over time. Some knowledge is very important, and we return to this regularly to help it 'stick' in children's memory.

Type of knowledge learnt throughout the unit	Definition
Declarative Knowledge (knowing what)	Factual knowledge concerning movement, rules, tactics, strategies, health and participation. Best practiced through spoken or written observations of a practical demonstration.
Procedural Knowledge (knowing how)	Knowing how to apply declarative facts. Best practiced through demonstration or participation.

At the end of each area of sport, class teachers have worked with the subject lead to identify key knowledge that they want children to know and remember. At St Alban's we treat our children like scholars and key knowledge that has been learnt is embedded by retrieval questioning. Reviews are used by teachers as a form of formative assessment to gauge pupils understanding. In Summer 2, practitioners meet to assess children against the end of year assessment criteria for PE to determine whether a child is working towards (WTS) or working at the expected standard (EXP) for their key stage.

St Alban's CofE Primary School
PE End of Year

↓ At the end of Year 3, I will know and remember...

Basic Movement

Running is a way of moving quickly
 Pull throw technique?



What School Games is and why it is important at St Alban's

School Games mission is to put physical activity and competitive sport at the heart of schools, and provide more young people with the opportunity to compete and achieve their personal best. The School Games will continue to make a clear and meaningful difference to the lives of even more children and young people.



School Games offer awards for schools, which is called the School Games Mark. The purpose of the award is to recognise a school's engagement in the School Games and to celebrate keeping young people active. Schools need to demonstrate how they are/have:

1. Maintain school engagement in the School Games and delivery of 60 active minutes for every child
2. Create positive experiences through physical activity and competition
3. A clear focus on transition points
4. Create positive experiences that support the character development of targeted young people
5. Advocate how School Games makes a meaningful difference



At
St

Alban's we strive for sporting excellence. St Alban's always aims for 100% attendance at School Games festivals.



Sport is at a high standard at St Alban's, the organisation and participation in sport has led to St Alban's achieving the Platinum Award for several years. This is such a fantastic achievement for children at St Alban's.

2022/2023
Your school ranked Platinum



2021/2022
Your school ranked Platinum



2018/2019
Your school ranked Platinum



2017/2018
Your school ranked Platinum



Part of the have advocates school. At St children are to become They are such as equipment, at play times The Sports Spirit of the this Embedding valuable skill learn and children. also have an sporty the practice as joining in with their friends and having fun rather than competing.

Spirit of the Games

The Spirit of the Games values of honesty, determination, teamwork, self belief, passion and respect were developed by young people to identify what the experience of school sport should be built around. The values focus on personal excellence through competition.

- HONESTY**: Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.
- DETERMINATION**: Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back.
- TEAMWORK**: Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.
- SELF BELIEF**: You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.
- PASSION**: Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.
- RESPECT**: Respect for the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.

Platinum Award is to children become the for physical activity in Alban's, Year 6 given the opportunity Sports council. given responsibilities organising games and activities and refereeing games. Council follow the Games and promote throughout school. good practice is a for the children to pass on to younger The Sports Council impact on the less children, as they see

Why after school clubs are important at St Alban's

After-school sports clubs provide numerous benefits, including physical fitness, skill development, teamwork, socialisation, time management, stress relief, inclusion and the potential for long-term engagement in sports. They contribute to the holistic development of students and help foster a healthy and balanced lifestyle.

St Alban's offer a range of after-school sports clubs including football, basketball, dodgeball, gymnastics and multi-sports. These activities are available to all children.

Why Sports day is an important event at St Alban's

Sports Day at primary school holds significant importance for several reasons:

Physical Fitness:

Sports Day provides an opportunity for students to engage in various physical activities, promoting physical fitness and overall well-being. It encourages children to be active, develop their motor skills, and improve their cardiovascular endurance, strength, and coordination.



Teamwork and Cooperation:

Sports Day often includes team-based activities and relay races, fostering teamwork, cooperation, and sportsmanship among students. Working together towards a common goal helps children understand the value of collaboration and teaches them important social skills such as communication, sharing, and supporting one another.



Healthy Competition:

Sports Day introduces healthy competition among



students in a friendly and supportive environment. Participating in races or games helps children understand the concepts of fair play, respecting rules, and accepting both victory and defeat gracefully. It promotes the development of a positive competitive



spirit, boosting self-confidence and encouraging children to strive for personal improvement.

Inclusion and Participation:

Sports Day provides an inclusive platform where all students, regardless of their athletic abilities, can participate and feel included. It celebrates individual achievements and encourages every child to contribute to their team's success. This inclusive approach promotes a sense of belonging, boosts self-esteem, and encourages students to discover and develop their unique strengths.



School Spirit and Community Building:



Sports Day often involves the participation of parents, teachers, and the wider school community. It becomes a festive event that brings everyone together, creating a sense of school spirit and community. Parents can support and cheer for their children, fostering a positive and supportive environment that encourages students to excel and enjoy their physical activities.

Health Awareness and Active Lifestyle:

Sports Day raises awareness about the importance of physical activity and a healthy lifestyle. It serves as a reminder to children and their families that regular exercise and staying active are essential for overall well-being. By showcasing different sports and activities, Sports Day can inspire children to explore new interests and continue participating in physical activities outside of school.





Overall, Sports Day at primary school promotes physical fitness, teamwork, healthy competition, inclusivity, school spirit, and health awareness. It creates memorable experiences, builds positive attitudes towards physical activity, and lays the foundation for a lifelong appreciation of sports and a healthy lifestyle.