

Physical Education

At Bletchingley Village Primary School, we encourage all our children to be physically active and to develop a habit of being active as an integral part of our drive to support general wellbeing. Children across school take part in daily periods of physical activity, alongside a wide range of PE lessons, active outdoor play and learning opportunities and the chance to attend a range of active after school clubs, run by qualified coaches.

From the beginning of their school journey at our school, physical activity is encouraged wherever possible. Competition and collaboration are promoted and are part of our school ethos, which in turn supports the development of independence, self-esteem, belonging and the establishment of good relationships.

How is the content chosen?

The content is based upon the needs of our children and community, outcomes of research publications and coverage of the knowledge and skills expectations as set out in the National Curriculum programmes of study, as well as the EYFS framework. Hence, although we offer a wide range of sports, we have decided to give particular focus to swimming, gymnastics and outdoor learning. The content may also be adapted or changed, based upon the needs or interests of specific cohorts or links to up and coming sporting competitions.

Swimming is a potentially lifesaving and definitely a life-enhancing skill. We want our children to be as safe as possible from as young an age as possible, therefore we run a programme that is aiming to begin swimming on entry to Year 3, whilst also ensuring all older children achieve the end of Key Stage 2 expectations.

Gymnastics develops a wide range of physical skills such as flexibility, stamina, core strength, gross motor skills and co-ordination, whilst also providing clear opportunities for developing individual and group success. This combination has demonstrated unique, and highly effective opportunities for building both physical and emotional confidence that are not always possible in other sports.

Outdoor learning, in its many forms is a core part of what we offer. We believe that encouraging children to be generally active, as well as specifically active, is a key part of developing a healthy lifestyle that will endure well into the future. As well as Forest Skills, children from Year 2 all enjoy a programme of outdoor-based residential across the late spring and summer terms.

How do we ensure progression of knowledge and skills?

At Bletchingley Village Primary School we have in place, for each subject area, a knowledge and skills progression document, which is used for planning, to ensure sequenced and appropriate content for specific year groups, as well as an accumulation of knowledge and skills. Within these documents there are also opportunities for differentiation, in order to meet the needs of all learner

How is the subject taught?

Each day begins with Morning activities on the playground followed by ten minutes of communal music and activity with 'Jumpstart Johnny'. Across EYFS and into Year 1 we have a wide range of outdoor continuous provision and children across the school from reception receive at least two hours of discrete P.E teaching with qualified coaches for all lessons. Sports Days in the summer term for all year groups are an opportunity for children to showcase their skills in front of an audience.

How do we know our children are making progress?

Ongoing assessments of knowledge and skills is observed by the coach as the children work towards achieving Early Learning goals in EYFS and the goals on their Sports Trackers – Bronze by the end of Year 2, Silver by the end of Year 4 and Gold by the end of Year 6.

How do we promote Personal, Social and Emotional Development?

We believe that physical activity is an

integral part of PSHE, so have adapted our curriculum and timetable to reflect this. Alongside this, we also ensure children are able to take responsibility for keeping themselves safe whilst enjoying these opportunities, with explicit teaching of dynamic risk assessment for outside activity.

What wider opportunities are provided for our children?

Staff are on the playground from 8.30am to oversee Morning Activities, which encourage independence, co-operation and active play. 'Right to Roam' allows all children from Year 2 upwards increasing freedom to explore our extensive grounds and school timetable now has an extended morning break to allow for more meaningful activities such as den building.

Outdoor classrooms support active, outdoor learning whatever the weather and we have trained Forest School Leaders who lead our Forest Skills programme, which every child has an opportunity to enjoy across the year.

Children participate in regular internal and external sports competitions. We work closely with external coaches to ensure a wide range of after-school clubs including dance, rugby, Forest School, football and gymnastics, including support for children in receipt of Pupil Premium to take part. Children are also encouraged to set up their own clubs, which they run at break and lunch time.

From Year 2, children have the opportunity to take part in our outdoor-based residential programme, which begins with a star-gazing evening cook-out and builds to include camping, water sports and challenge activities over longer periods of time.