

## Physical Education at Litcham School

### INTENT

1. To deliver the Physical Education National Curriculum.
2. To deliver knowledge through a skill based spiral PE curriculum, where knowledge and skills are taught and consolidated.
3. To deliver a broad, balanced, and engaging PE curriculum that includes practical and social skills and promotes sporting values to every student.
4. To promote high expectations and aspirations and a secure understanding of the physical, mental, and social skills. Students will be prepared to be active citizens after leaving school.
5. To engage in physical activity to improve health and well-being.
6. To experience a wide variety of sporting roles and opportunities.

### IMPLEMENTATION

#### Curriculum Delivery

- Pupils in Early Years Foundation Stage (EYFS) have experiences with balls, bats, sports equipment and Run, Skip, and Jump as well as Real PE.
- Pupils in Year 1 to Year 6 follow the PE National Curriculum using resources from RealPE. This resource supports teachers to deliver high quality, engaging PE, to secure the children's PE knowledge. They will also have 1 hour a week of sports-based PE such as netball, handball, tennis, Frisbee, cricket, run, skip, and jump athletics and 1 term of swimming.
- Pupils in Key Stage 3 follow the PE National Curriculum adapted to suit our facilities and staff strengths. Pupils have 4 lessons a fortnight with specialist teachers. Pupils engage in a variety of activities in games, athletics, movement, lifestyle, and outdoor adventurous activities.
- In Key Stage 4, core lessons consist of a range of activities divided into competitive and social groups. Both groups are aimed at maximising engagement. Wellbeing is taught to develop understanding of the physical, social, and emotional benefits of physical activity.
- GCSE PE follows the Edexcel syllabus. There are 5 lessons a fortnight split two practical, two theory and one theory through practical. Groups are mixed ability and gender.

#### Teaching and Learning

The teachers in EYFS follow the Fundamental Movement through RealPE covering communication and language, physical development, personal, social, and emotional development.

Pupils in Year 1-6 have timetabled PE lessons either taught by their normal classroom teacher or by an external provider. Teachers use lessons from RealPE which is based on objectives from the National Curriculum. Lessons include planning, performing, and evaluating both skills and a game element. Dance is included within the main curriculum.

Pupils in Key Stages 3 and 4 continue to follow a variety of activities so knowledge and skills are developed. Pupils will apply increasingly more complex skills, tactics, and themes to their work. Some GCSE content is introduced from year 7 to develop mastery of key theoretical knowledge. An example would be warming up, where we expect students to be independent in performance and be able to share knowledge of the impact warming up.

Active engagement has a high priority in Litcham School PE lessons to maximise health benefits and give pupils the chance to work effectively on their own or with others. Pupils are encouraged to observe, evaluate, and improve both themselves and others using metacognitive methods.

### Extra-Curricular

KS1 & KS2 pupils are offered several clubs including Netball, Racquet Club, Football Club, and Dodgeball Club. We are planning a few other activities such as Yoga and Frisbee. We have moved some clubs to the Secondary Phase, increasing collaboration throughout the school, allowing us to provide all year-round sports provision.

Clubs are offered at the secondary phase before school, at lunch and after school. Clubs are not just aimed at those who are in school teams, but we have an 'open-door' policy. Pupils also play intra school competitions and a wide range of inter school competitions (angling – skiing) through the West Norfolk Schools Sports Partnership and the Mid Norfolk Athletics Association.

### **IMPACT**

All pupils at the primary phase will engage in regular physical activity of 30 minutes a day. The profile of PE and Sport is raised across the school, through partnership with Real PE and West Norwich and Dereham Sports Partnership. Real PE aims to increase confidence, knowledge, and skills of all staff in teaching PE and Sport. Links with external sports partners, broadens the experience of a range of sports and activities offered to pupils. Through links with external providers, we hope to see an increase in participation in competitive sports. Pupils and carers use signposted clubs to engage in competitive Sport.

Impact on pupils is measured through the Bounce Together Survey at the start and end of the year. This is in addition to end of year assessments which will be RAG rated and reported to parents. The impact on staff is carried out through Bounce Together.

Key Stage 3 pupils will have ongoing teacher assessments as assessment for learning is embedded into all PE lessons. Pupils will also have an informal assessment at the end of each activity block. To prepare for this, pupils compose and perform in game situations depending on the activity. Pupils will then have the opportunity to perform to and with peers.

Theory input, developed through lessons and knowledge organisers, will result in the ability of pupils to answer a multiple-choice online test at the end of each term. This will pave the way for GCSE PE. Key Stage 4 pupils are encouraged to perform safely and devise individual programmes. The success of these is clearly visible and pupils should be able to perform independently. They are awarded ATL grades following the assessment system.

GCSE pupils are set a key assessment task in each topic and progressively engage in extended writing tasks. Revision workbooks are used for homework and knowledge and understanding is clear using the black and blue pen system. Everlearner Checkpoints are used as end of topic tests to assess and consolidate learning. GCSE pupils are assessed formally at the end of year 10 (Paper 1), Year 11 Mock, (Paper 1) and at the end of year 11 spring term, (Paper 2). Findings are reported to parents/guardians through Insight, reports, and parents' evenings. Parental contact home is made through phone calls and postcards.