



PE AT NANCLEDRA

Physical Education and Physical Literacy at Nanchedra aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

CURRICULUM PLANNING

Our school uses the National Curriculum Programme of Study to ensure a broad curriculum offer and a rich and diverse offer to our pupils. We use Real PE and Jasmine to support our fundamentals delivery. Our children are assessed using the 'Jasmine Real PE' Assessment wheel to inform next steps planning. This allows staff to tailor their teaching to the needs of the pupils.

EARLY YEARS FOUNDATION STAGE

We consider the physical development of our children in the early years as integral. We relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. PE sessions are supported by Jasmine and 'Healthy Movers' which aims to increase children's self-esteem and wellbeing, and develop their physical literacy skills, helping them gain a better start to their life. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. Activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources for gross and fine motor skills are used.

KEY STAGE ONE

Pupils are taught fundamental movement skills; making them increasingly competent and confident, they access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Through units in dance, gymnastics, games, OAA (outdoor adventure activities) and swimming our pupils are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils in KS1 at Nanchedra become physically literate by being taught how to;

- 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;
- participate in team games, developing simple tactics for attacking and defending;
- perform dances using simple movement and patterns.

KEY STAGE TWO

Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They are taught to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils in KS2 at Nanchedra are taught to;

- use running, jumping, throwing and catching in isolation and in combination;
- play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance, perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team;
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.