



# PE Rationale

## INTENT

Through Physical Education we aim to teach all children to become **physically competent**. As the earliest providers of physical activity in the children's educational lives we have a huge focus on Physical Literacy.  
Physical Skills + Confidence + Motivation + Lots of opportunities = Physical Literacy.

At Cheadle Catholic Infant School we promote positive physical experiences and opportunities allowing children to build an intrinsic motivation, along with a confidence in their ability, to always want to be physically active.

Our aim is to help our pupils to develop into adults who have the necessary skills to participate and enjoy sport and physical activity throughout life at whatever level they chose, whether recreationally or competitively

We are passionate about developing happy and healthy children who will go on to thrive and build their physical literacy. We encourage healthy lifestyles and promote exercise and fitness in school.

In order to be physically competent we teach our children about:

- Motor competence which addresses our key concept of safety.
- Rules, statistics & tactics which addresses our key concept of fairness and respect. Respect is also one of our school values.
- Healthy participation which addresses our key concept of healthy lifestyles.

Children also learn the additional skills of team-work, cooperation, communication, resilience, respect and leadership through Physical Education. The content of our PE curriculum is summarised on our web-site. In addition to our taught Physical Education lessons, Physical Activity is vital for the health and well-being of our pupils. We aim for our children to be active for at least 30 minutes each day (mostly during playtimes) in addition to receiving 2 hours of Physical Education lessons each week.

## IMPLEMENTATION

Physical Education is taught to all pupils. In early years children are taught PE sessions for a minimum of one hour per week. In addition to this outdoor continuous provision has a dedicated area to gross motor skills development which the children access daily. In Key Stage 1 children are taught two hours of PE per week. Physical Activity takes place every playtime for all pupils in key Stage 1: 15 minutes in the morning, 10 minutes in the afternoon and approximately 30 minutes within the 1 hour lunch break, depending on the amount of time taken to eat lunch! Children have access to sports and 'active' equipment at lunchtime break. In addition to this every class run a mile daily. We use our running track and 'Smile for a Mile' is an integral part of everybody's day at Cheadle Catholic Infant School.

## **Nursery**

In the Autumn term of Nursery, we begin by using movement to express feelings alongside our book 'The Colour Monster'. We use music of different styles and cultures to create moods and explore and talk about how people move when they are sad, happy or cross. We use yoga to explore the feeling of calm. We then move on in to moving our bodies in different ways e.g. moving like different animals.

In the Spring term of Nursery, we experiment with different movements and use these movements to link together to create a dance. This is linked to our topic of Nursery Rhymes. We then move into gymnastics and travel on different body parts working on balance and control. By the end of this term we begin to use mats and learn how to safely move and transport them.

In the Summer term Nursery, we begin practising ball skills – this is a skill that is developed throughout the whole school. In Nursery, the children start with throwing, catching, rolling, pushing, kicking and aiming which builds on their object control and manipulation skills. We also introduce the idea of fairness and respect when beginning so competitive and cooperative games.

The Summer term finishes with a revisit to gymnastics but the progression is shown as benches are introduced and there is a focus on prepositions when moving around the equipment.

## **Reception**

In the Autumn term we begin by looking at our spatial and body awareness. This follows on from the learning in Nursery involving movement and how to move in different ways. The children also start multi-skills with a sports coach who focuses on agility, movement and coordination which further develops previous movement skills.

In the Spring term we move onto using dance and movement to express a theme. The theme can change depending on the children's interests for example we sometimes focus on the topic of 'Super heroes' however dances have also been made to the 'Colour Monster' book. The children are always taught to link movements together in a sequence like they have learnt in the previous year and this is then developed to use movement to tell a story.

Later into the Spring term, we move onto object control and manipulation. This involves throwing, catching, patting, pushing, rolling, kicking and aiming. These are skills that the children have encountered before so the aim is to progress further with object control and manipulation. The children are then introduced to the sport of dodgeball.

In the Summer term of Reception, we begin with games. This allows the children to develop skills learnt throughout the year and build upon communication, team work and leadership skills. We then move onto the sport of tag rugby for the rest of the term. Summer term ends with a gymnastics focus revisiting the skills learnt in the previous year but progression is made with the introduction of different height tables and the independence the children are given when using these.

## **Year 1**

In the Autumn term of Year 1, we begin with multi-skills focusing on agility, balance and coordination thus developing skills learnt in Reception. We also look at dance in the Autumn term. Dance in Year 1 involves exploring movement and remembering a simple phrase in response to a story stimulus. The children are able to use and adapt movement skills previously explored.

In Autumn 2 multi-skills sessions move onto ball skills with a focus on throwing and catching to further develop the children's skills. Indoors the children work on gymnastics with a particular focus on using the apparatus, with our key concept of safety in mind.

In the Spring term of Year 1, we start by playing dodgeball. This helps to further develop the children's communication, movement and ball skills. The skills used in Reception are revisited and progression is made by introducing point scoring for the children to self manage. We continue inside gymnastics with a focus on linking simple balance, jump and travel actions and remembering short sequences. A

key skill worked in in year 1 gymnastics is respect when giving feedback about each others performances, thinking about the key concept of fairness and respect.

The Spring term of Year 1 also involves tag rugby. This game revisits and then builds upon the skills learnt in previous years.

In the Summer term of Year 1, we focus on games, OAA and athletics. In games, the children learn new activities and games that develop their ball, movement, leadership and teamwork skills. We also focus on OAA in which the children develop fundamental movement skills, become increasingly confident and engage in both competitive and cooperative activities.

In the second half of the Summer term, we start athletics which involves running for speed, jumping for distance and throwing.

## **Year 2**

At the start of the school year in Year 2, the Sports Ambassadors participate in training with the Stockport SHAPES team. The children learn new skills and games that they can use in their role with younger children in the school. All key concepts are addressed in this training session and the children are given the role of promoting physical activity in our school.

In the Autumn term of Year 2, we begin multi-skills sessions. The session focus is throwing and catching which builds upon skills learnt in multi-skills sessions in Reception and Year 1 to progressively learn how to use these skills to play hand ball. We then continue multi-skills sessions but ensure progression by having the children create their own games thinking about attacking and defending. The key concept of fairness and respect is very important in this term. In addition to the multi skills sessions the children also have dance sessions which are linked to the topic that the children are learning about e.g. Great Fire of London.

In the Spring term of Year 2, we move onto gymnastics with Mrs O'Hare. One of the main focuses is the importance of safely handling the apparatus. The children learn how to carry and set up the apparatus sensibly and safely. We then move onto learning about the basic shapes in gymnastics and recap travelling in different ways. Outside the focus game is dodgeball in which the children can apply their previously learnt skills whilst developing their ideas on team tactics.

In the second half of the Spring term, we move onto playing tag rugby – the focus of this game is teamwork. This builds on the children's leadership, communication and listening skills.

In the Summer term of Year 2, we focus on athletics. This involves running for speed, jumping for distance and throwing for accuracy all skills previously visited in Year 1 athletics. The summer term also involves OAA in which the children develop fundamental movement skills, become increasingly confident and engage in both competitive and cooperative activities.

Cross country is a focus in Year 2 in the summer term. Children are taught about pacing themselves and there is a big focus on how prolonged physical activity can affect our bodies addressing the key concept of healthy lifestyles.

We use our scheme of work (see separate document) but this is adapted each year based on the needs of children and staff. E.g. 2021/22 Year 2 gymnastics has been moved to Autumn Term this year as they weren't able to access apparatus in their learning last year.

### **IMPACT:**

Physical Education has a positive impact across the whole school. Children look forward to PE lessons and extra-curricular clubs are always well attended.

We are a 'Smile for a Mile' school and every day our children run a mile. We have won numerous sports awards this year due to our commitment to sport and fitness and we are the proud winners of, 'Stockport Smile for a Mile School 2022'.

At CCIS, PE is assessed against the progression of skills document. Teachers use this document throughout the year to ensure children are making progress across all areas of the PE curriculum. The impact of PE at CCIS is also measured using Sports Premium Funding criteria (please see link on school web-site)

The PE action plan addresses areas of need and these will be evaluated at the end of the school year.