

Physical Education



Intent

Dudley House School recognises the value of Physical Education (P.E.). We aim for all pupils to:

- develop competence to excel in a broad range of physical activities, including swimming.
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Implementation

P.E. is taught not only as an area of learning in its own right, but integrated where possible with other curriculum areas. It is taught for a minimum of two P.E. sessions a week plus one session of swimming for the whole school.

At Dudley House School we use the Chris Quigley Essentials Curriculum for P.E., based on the National Curriculum, to plan P.E. units of work from year 1. Our curriculum is planned around a series of themes which provide meaningful contexts to develop threshold concepts. However, where this is not possible P.E. is offered as a discrete subject. The units are set out in the 2-year long term curriculum plans for each mixed aged class.

Staff then plan a sequence of learning for P.E. where they develop understanding of the subject's big ideas (threshold concepts) and semantic and procedural knowledge for the specific milestone statements for each age group. This ensures that children develop their knowledge of games, dance and gymnastics and (from KS2) athletics and outdoor and adventurous activity progressively. Teachers tailor learning to meet the needs and interests of the children in their class.

Progression is ensured by pupils developing their knowledge and understanding of key concepts through three age specific milestones as they progress through the school.

We teach lessons so that children:

- develop fundamental movement skills, become increasingly competent and confident; access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

The varied curriculum is designed to enable all children to enjoy physical activity and to experience success in all aspects of sport.

Extra-curricular clubs also provide further challenge and access to a range of physical activities.

As well as securing and building on a range of skills, children develop knowledge of the basic rules of a range of games and activities. They experience positive competition and a focus is placed on developing good sporting attitudes. Children learn in a safe environment and have a foundation for enjoying lifelong physical activity.

In EYFS, P.E. falls under the umbrella heading of 'Physical Development'. Pupils are supported, through child-initiated and adult led activities, by the provision of opportunities for them to be active and interactive; and to develop their co-ordination, control, and movement.

They are encouraged to experience different forms of movement and dance. Children are also be helped to understand the importance of physical activity and to make healthy choices in relation to food. The three 'characteristics of effective teaching and learning' ensure that practitioners consider the different ways that the children learn and reflect these in their planning and practise.

Impact

Children at Dudley House School achieve well in a number of sporting activities, including virtual competitions. The children complete each key stage with a high proficiency in each aspect of P.E.

Our curriculum improves the wellbeing and fitness of all pupils, not only through sporting skills taught, but through the values and disciplines P.E. promotes.

Children are aware of the link between physical activity and good mental health, and understand its significance as part of a healthy lifestyle. Our desire is for the children to utilise these skills independently, in order to live happy and healthy lives.

Feedback is given to the children during lessons, guided by the school's Marking and Feedback Policy.

At Dudley House School, assessment is an integral part of the teaching process. Assessment is used to inform planning and to facilitate differentiation. Assessment in P.E. is on-going to ensure that progress towards milestone goals is made and pupils achieve well.

Subject monitoring is carried out by the subject leader and headteacher.

We hope that children at Dudley House enjoy PE and develop a love of sport and physical activity, that they pursue outside of school in their future life beyond school.