

PE Curriculum Statement.

Intent

Every pupil should have the opportunity to participate in at least 2 hours of high quality physical education.

The curriculum will cater for the individual needs of all pupils.

Every pupils will be encouraged to improve cardiovascular fitness, strength and flexibility through regular fitness lessons in the PE curriculum, through sessions at Dovecot Mac, through use of fitness equipment in school-treadmill, stepper, iJoy (provides same movements as being on a horse), exercise bike, cross trainer, foot pedal machine, physio balls, cross trainer, trampette, trampoline.

The curriculum will give pupils access to a wide range of adapted physical activities / sports.

PE will not only develop pupils' physical skills but PE will also nurture cross-curricular skills for life with a particular focus on employability and moral/spiritual ethics.

PE can support Employability in the following areas: Leadership, fostering good role models, teamwork, motivation, time management and good communication.

Emphasis will also be focused upon pupils' mental health and wellbeing, maintaining a healthy mind in a healthy body. Promoting self-esteem and confidence in their own abilities.

Pupils will be taught the importance of developing good teamwork and leadership skills and will be given the opportunity to coach during lessons and sometimes at tournaments (Key Stage 4 pupils)

PE is an excellent medium for teaching respect, morals, adherence to rules and good sporting behaviours, this will be strongly emphasised throughout all lessons and sporting competitions

PE is also good for not only handling competitive situations, but it is also an excellent medium for fostering co-operative practices.

Pupils will be taught how to evaluate and recognise their own success.

The curriculum will help pupils cope in competitive situations, helping the pupils to not only become gracious winners, but also good losers.

We intend to deepen pupils' knowledge of skills, tactics, rules, good sporting behaviour, cardiovascular fitness and the benefits of taking part in a life-long activity.

At the end of pupils' school career the intent is for each pupil to have a successful transition into a life-long pursuit of sport or activity.

As PE staff we will promote sports activities, sports facilities, sports centres, sports clubs that are outside of school.

How will pupils benefit from PE?

Pupil will hopefully find PE enjoyable and stimulating.

Pupils should benefit both physically and mentally from high quality PE.

Pupils will be challenged and engaged. Pupils through PE, will have the opportunity to build character and will be helped to imbed excellent attitudes towards fair play and respect

Pupils will be supported to develop life skills through PE.

Pupils will benefit from a positive attitude to sport.

PE can help as a reliever of stress, a practical, fun lesson that can help the pupils to relax and unwind away from the pressures of the classroom.

PE and activity can promote learning back in the classroom, as the activity and stimulus in the brain can assist in the "switching on" of the brain for other lessons.

PE will lay the foundations to lifelong participation and enjoyment in some form of physical exercise therefore promoting physical and mental wellbeing.

Pupils will be helped through PE to try to be physically active for sustained periods of time (obviously taking into account medical conditions of the pupils.)

PE can give the pupils opportunities to represent the school in sport or in a variety of sports, this is great for self-esteem and confidence building, as an enormous sense of pride can be derived from representing one's school.

How is the Curriculum Planned?

The curriculum is planned following the programme areas of the National Curriculum:

Athletics, Dance, Games, Gymnastics, Swimming and Outdoor and Adventurous Activities. We have recently had an orienteering course set up on the school playground and outdoor area. The course is enhanced by a whole host of cross curricular resources, available for all staff to use in their lessons. The introduction of the Duke of Edinburgh Award Scheme has enhanced the pupils' experience of working cooperatively in the outdoors, undertaking volunteer work and also the opportunity to take part in walks and overnight camping expeditions.

We also offer cycling on our curriculum in the form of hand-cycles, trikes and 2 wheelers.

Fitness is also a big part of our curriculum as we are always encouraging our pupils to adopt any form of exercise in order to foster healthy lifestyles, i.e. instilling in the pupils at an early age the need to keep a lifelong exercise habit.

The curriculum is totally inclusive and all sports and activities are fully adapted to cater for all the differing physical needs of our pupils. Every child is able to access the curriculum at their level.

Pupils who are ambulant are encouraged to participate in some lessons in wheelchair sports which can help to create a "level playing field" for some lessons, and also creates a better understanding of the needs of wheelchair users when playing sport.

The curriculum is sequenced taking into account a number of factors:-

The time of the year, i.e. winter sports in the winter, summer sports in the summer.

The curriculum also takes into consideration the Competition Diary within our local competitive area with all the sporting events taking place at Greenbank and Wavertree Sports Complex.

All pupils will be given the opportunity to take part in a variety of sports competitions, whether a wheelchair user or an ambulant pupil, and encouraged to further individual talents though the competitive sports situation.

Some pupils will progress to represent Liverpool, and the North West region in competition, and some will even represent at a national level through athletics. Competition and tournaments and extra-curricular sport is a huge part of Sandfield Park PE and we have built up a good reputation over the years for effort, commitment AND good sporting behaviour in competition, and our pupils take great pride in representing their school, and region in a variety of sports.

Real life sporting events, such as World Cups, European Events, Paralympics, Wimbledon etc, the actual event happening can be a motivator for some pupils within the PE lessons.

Sporting activities and fundamental skills will be revisited and repeated throughout the year as highlighted in the long term plan, therefore ensuring good learning sequences. Repetition will be used to connect prior learning in order to learn new skills and gain knowledge.

By the end of each Key Stage pupils will be expected to know, apply and understand the matters, skills and processes within each programme of study.

Pupils should all develop fundamental movement skills, and become over time increasingly competent and confident to access a wide range of games and activities.

The curriculum is planned based on previous knowledge of the pupils and their ability levels, so those with more additional needs are helped, along with the challenging of pupils who are more able.

Implementation

High quality PE lessons

At least two hours PE per week.

PE lessons cover all aspects of broad and balanced curriculum - games, dance, gymnastics, cycling, swimming, hydrotherapy, athletics and outdoor and adventurous activities, rebound therapy and trampolining.

Within lessons, knowledge will be gained by referring to the following learning theories: Repetition will be used to help pupils retain knowledge; however to prevent cognitive overload activities will be adapted and refined to maintain interest and to keep motivation levels high. Practical quizzes could be used as part of warm-up and/or plenary activities to embed knowledge and self-assess. A key part of learning is to recognise that failure and set-backs are important. PE is a good medium for learning how to cope with failure and success.

Pupils are made aware of cross curricular links to a variety of subject areas-for example-timing, scoring and distance in athletics and swimming(Maths), English-spellings, Science-healthy bodies, muscles, breathing, PSHE-good behaviours, team work, appropriate behaviour when in close contact through sport, handling of emotions that are brought to the fore in completion, careers-qualities of dedication, perseverance, good discipline etc.

Pupils will self-assess their progress of knowledge and skills with the help of personalised targets in conjunction with PE teacher assessment frameworks.

Pupils will be encouraged to take part in extracurricular sports, both at lunchtimes and in after schools clubs.

Cultural Capital will be enhanced by our pupils taking part in a the following activities linking in with outside agencies at all times PE is a good medium for fostering good sporting behaviours and teaching a pupils to be good citizens.

Every pupil given the opportunity to represent school in a tournament (s)

Residential-all pupils will be given the opportunity to take part in a week of outdoor pursuits in the beautiful surroundings of the Lake District (in the Calvert Trust Outdoor Pursuits Centre)

Duke of Edinburgh-Sixth Form Pupils will be given the opportunity to take part in this excellent awards scheme, that fosters independence, confidence building, and service to the community, working as part of a team and taking part in an expedition challenge.

S.Barry and K.Gauden .3.2.2023