

# PE at Durdan's Park Primary

At Durdan's Park, the teaching and learning of Physical Education aims to develop children's cognitive, social, creative and personal skills as well as their physical skills. These, together with the nurturing of positive values and attitudes in PE, are foundations for students' lifelong and life-wide learning to face the challenges of everyday life. The objectives of Physical Education are based on the requirements of the National Curriculum programmes of study for Key Stages 1 and 2.

At Durdan's Park, PE involves:

- Two 1 hour lessons per week  
*Lesson one is based on the REAL PE skills unit*  
*Lesson two is based on the SPORT unit*
- Year 4 attend swimming lessons throughout the year
- In the EYFS, children will participate in one discrete PE lesson per week focused on developing skills from strands within Development Matters.  
*Real PE units 1 and 2 are taught in Nursery while units 1-2 are taught in Reception.*  
*On top of this children in the EYFS will be taught sport specific units.*
- In KS1, the sports units are designed to develop new skills through a range of sports.
- In KS2, the sport units are designed to allow children to develop new skills as well as apply previously taught skills to a particular sport.

In both Key Stages 1 and 2 children focus on four strands of Physical Education:

1. Physical skills
2. Social skills
3. Critical and Analytical thinking skills
4. Health and well-being

SOCIAL SKILLS	
TEAMWORK & COLLABORATION	FAIR PLAY & HONESTY
COMMUNICATION	INCLUSION
LEADERSHIP	EMPATHY & SUPPORTING OTHERS
RESPONSIBILITY	COMPETING WITH AND AGAINST OTHERS

PHYSICAL SKILLS	
RUNNING, JUMPING & THROWING	MOVEMENT & TRAVEL
CONTROLLING OBJECTS	SWIMMING & AQUATIC SKILLS
OUTDOOR SKILLS CHALLENGES	MOVEMENT TO MUSIC
BALANCE AND BODY CONTROL	GROSS & FINE MOTOR SKILLS

CRITICAL & ANALYTICAL THINKING SKILLS	
CREATIVITY	RESILIENCE
INDEPENDENT LEARNING	DESIRE TO IMPROVE
DECISION MAKING & TACTICS	APPLYING SKILLS & KNOWLEDGE
CONFIDENCE & SELF ESTEEM	PREDICT & JUDGE OUTCOMES

HEALTH & WELLBEING	
PHYSICALLY ACTIVE HABITS	PERSONAL SAFETY
UNDERSTANDING HEALTHY EATING	PHYSICAL FITNESS
HOW DOES THE BODY WORK?	EXPERIENCES OUTSIDE OF REGULAR ENVIRONMENT
WHAT EXERCISE DOES FOR THE BODY	CELEBRATE SUCCESSES

# PE at Durdan's Park Primary

## IMPLEMENTATION

How do we do this?

PHYSICAL EDUCATION	SCHOOL SPORT	PHYSICAL ACTIVITY
<ul style="list-style-type: none"> <li>- Structured PE timetable which allows a range of activities</li> <li>- Fun, active lessons which engage all pupils</li> <li>- Child friendly learning outcomes and children understand the context</li> <li>- Stage appropriate activities for all pupils and all pupils make progress</li> <li>- Skilled staff/ workforce to inspire learning</li> <li>- Purposeful assessment and feedback</li> </ul>	<ul style="list-style-type: none"> <li>- A range of opportunities for ALL pupils to engage with, outside of lesson time (including Pupil Premium &amp; SEND)</li> <li>- Access to competitions and events for all pupils</li> <li>- Links to wider events (i.e. world cups/ Olympics)</li> <li>- Targeted provision for those who need it</li> <li>- Student voice to provide relevant opportunities</li> <li>- Provide pupils with exit routes to continue sport/ activity outside of school</li> </ul>	<ul style="list-style-type: none"> <li>- School supports 30 active minutes for all pupils throughout the day and supports pupils to be active at home</li> <li>- Embedding physical activity interventions throughout the school day</li> <li>- Using activity as a tool for teaching active lessons</li> <li>- Promoting activity at break and lunchtimes</li> <li>- Supporting active travel</li> <li>- Creating active environments across school</li> </ul>

## IMPACT

What do we want pupils to have learnt by the time they leave school?

- To understand the importance of being healthy and active.
- To be physically literate.
- Inspired to have lifelong participation.
- To be rounded citizens.
- To be critical and analytical thinkers
- To have broad experiences in a range of activities.

What impact will this have on their personal development?

- Character development
- Developing talents
- Active citizenship
- Healthy communities
- Understanding cultures
- Resolving conflict
- Resilience
- British Values