

We will flourish and reach our God-given potential.

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit. **John 15:5**

Children from the moment they can walk, delight in moving, running and exploring.
The Schools Games values of



compliment the teaching of our values at Much Birch of Perseverance, Hope, Friendship and Humility. Through these values our intent at Much Birch is to never let that joy of physical activity diminish.

Subject Definition

'Physical Activity is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening.' afPE 2015

School Focus:

Through PE we want to develop a love of physical activity in children, whether it be competitive sport or a stroll through the park which will stay them for the rest of their lives and help them to sustain a healthy life style.

The importance of PE:-

- Regular physical exercise is the best way to fight against **obesity** and maintain a healthy body.
- **Fitness levels will increase** during PE including muscular and cardiovascular endurance, strength and flexibility.
- Sport helps children **develop their motor skills** and strengthen their muscles. When fine motor skills are developed, children will be more adept at handwriting or playing a musical instrument.
- Sports teaches children to have **improved self-discipline** and **develops their confidence**. This can have a positive aspect on all areas of their life, such as their personal relationships and ability to integrate quickly make friends, to thinking about their future goals.
- Playing sports in groups help young people to **improve their teamwork, leadership and problem solving skills**.
- Children who design their own games are being **creative, co-operative, communicative and competitive.**
- Students who exercise regularly have a **better quality of sleep**. They are therefore more alert at school and have higher levels of concentration.
- Physical activity enables pupils to **concentrate** and **maintain focus**, which has a positive impact on their academic life. This can lead to improved attainment in all other academic subjects.
- Physical exercise helps children **relieve stress and anxiety**. Young people today are arguably under more pressure than ever, so it is vital for them to have an outlet for this stress.
- Children who play regular sports have **improved behaviour in school.**

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Our aim:

'*Exercise for a lifetime.'*

All children will have **fostered a life-long love of physical activity** and be able to:-

- Have 60 minutes of daily physical activity.
- Represent the school at a competitive level at least once regardless of their ability by the end of Key Stage 2.
- Be able to swim well enough to get themselves out of trouble in deep water.
- Participate in a wide range of sports that involves vigorous activity.
- Understand that there are many different sports and that all have an equal value in society. E.g. dance vs football.
- Be able to self-govern their team games using the values of both Much Birch and the School Games.
- Understand success and defeat.
- Have developed a good skill set that can be transferred into other sports.
- Children are playing child led, well managed games at playtime.

Learning Environment

The school aims to:

- Provide a specialist sports coach who teaches from Reception to Year 6.
- Provide 3 hours of PE every 2 weeks. This is complemented by an additional 3 hours of Forest School every 2 weeks. This equates to 6 hours of physical activity every 2 weeks.
- Provide progression of skills starting in Early Years.
- Provide quality resources to facilitate the teaching of PE indoors and outdoors.
- Enable physical activity to deliver other areas of the curriculum through 'Cross Curricular Orienteering'.
- Provide lessons that include developing skills and progressing from small sided games to whole team games.
- Ensure that all PE lessons are delivered through vigorous activity for 85% of the time.



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Teaching and Learning

The curriculum is delivered through a progression of skills (EYFS KS1 KS2):-

Games

- Master basic movements including running, jumping, throwing and catching.
- 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.
- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Gymnastics

- Develop balance, agility and co-ordination, and begin to apply these in a range of activities.
- Perform dances using simple movement patterns.
- Develop balance, agility and co-ordination, and begin to apply these in a range of activities.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Dance

- Perform dances using simple movement patterns.
- Develop balance, agility and co-ordination.
- Perform dances using a range of movement patterns.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Athletics

- Master basic movements including running, jumping, throwing and catching.
- Developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- use running, jumping and throwing in isolation and in combination
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Outdoor adventure - Orienteering

- Take part in outdoor and adventurous activity challenges both individually.
- Take part in outdoor and adventurous activity challenges both individually and within a team.

Swimming - Hereford Leisure Pool Instructors

Christian Values:- Perseverance Hope Friendship Humility



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Lessons will consist of a combination:-

- Skill drills
- 3v3 games
- 5v5 games
- Full team games

The Role of Forest Schools in the PE curriculum

The Forest School philosophy meets many of the PE aims at Much Birch,

'We feel that many of the key features of Forest School complement those of PE. Through Forest School we aim for all the pupils to develop a healthier life style; foster resilience, build confidence, understand risk and become independent learners; improve their physical, social, cognitive, linguistic, emotional, social and spiritual aspects and develop emotional intelligence.'

How children of all abilities are supported and challenged.

All pupils take part in the PE lessons and make progress in a lesson.

- Children with SEND or EAL have support.
- In oral and discussion work, teachers plan a range of differentiated questions, with some targeted at specific pupils.
- Teachers use a wide range of teaching styles, strategies and resources.
- Teaching assistants, when and where appropriate, can reinforce and enhance a pupil's learning.
- Safety issues/risk assessments must be made to ensure inclusion of all pupils in activities.

Assessment

The skills in each area of PE are assessed based on:-

1. Less than expected outcome
2. Expected outcome
3. More than expected outcome