



Physical Education Curriculum

Everyone Learning Together

The Newfield Way

Intent

At Newfield Primary School, we believe that children should know the importance of living a healthy active lifestyle and know how to do so. We want them to use their school values to achieve the best that they can be. We want them to grow in our school community with a healthy body and healthy mind. At Newfield, we strive for children to develop a love of sport and physical activity so they remain healthy and active into adulthood.

Newfield believes that physical education is part of what supports children in having a healthy active lifestyle. PE experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations.

At Newfield Primary School we know that, within the context of SEND, personalisation of the curriculum is key so that each individual's priorities can be considered in order to prepare them adequately for adulthood with the best possible quality of life. Our ambitious curriculum can be successfully adapted to meet the needs of pupils with SEND, developing their knowledge, skills and abilities to apply what they know with increasing fluency and independence. We believe that it is vital that our pupils are equipped with the tools needed to become independent, inquisitive learners in all subjects and that pupils with SEND achieve the very best outcome and reach their full potential.

Implementation

Lessons

We teach PE in a variety of ways at Newfield, so that all children have access to a curriculum that meets their needs. We have two hours of Physical Education per week for each class (indoor and outdoor). In EYFS, we teach a range of skills that will therefore allow the child to access the broad range of sports that we cover as the child grows through the school.

Schemes of work

At Newfield we cover a range of skills and sports so that every child can lead a happy and healthy lifestyle. At Newfield we use the Get Set 4 PE schemes of work.

The skills and sports covered at Newfield are:

- Fitness
- Fundamentals
- Ball skills
- Games



- Gymnastics
- Athletics
- Striking and Fielding
- Invasion
- Net and wall
- Yoga
- Sending and Receiving
- Swimming
- Netball
- Rounders
- Hockey
- Basketball

These skills are repeated again and again with increasing complexity.

Network

Newfield is part of a network of schools called the Capital City Partnership. Through this we gain access to expertise, competitions, resources, training and coaching.

Partnerships

Newfield works closely with the charity 'Sport at the Heart'. Their vision is that all children, young people and families are able to access high quality sports, physical activity and play for the development of their own health and wellbeing, and that of the collective community. The 'Sport at the Heart' coaches provide lunch time coaching and after school clubs.

Newfield also works with West London Zone who help children and young people build the relationships and skills they need to get on track socially, emotionally and academically to thrive in adulthood. We have a permanent link worker based at school who can refer children to sports clubs in school and local charities who provide sports clubs for free.

Additional Groups

Some children may be targeted through tracking meetings for extra curricular sports clubs or gifted and talented groups. These children may take part in inter and intra school competitions organised through the Capital City Partnership.

Home Learning

Family exercise activities are put on the website.

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

Daily Mile

The **Daily Mile** is a social physical activity, with children running or jogging – at their own pace – in the fresh air with friends. It is used to promote healthy living and active learning. Classes at Newfield will take part in running as a brain break from lessons.

Swimming

Children at Newfield will take part in swimming lessons at least once in their primary school life. All children must aim to swim at least 25m by the time they leave primary school.



Extra-curricular Clubs

Newfield provides a range of extra-curricular sports clubs. These clubs allow children to develop their sports skills further or try something new.

Sports Leaders

Year 5 and 6 will elect sports leaders to take on different responsibilities around the school. This involves looking after and organising school equipment, representing the school on visits and helping organise any school sports events

Healthy Living Week

Every year, Newfield will hold a Healthy Living Week which consists of lessons around keeping a healthy active lifestyle. Lessons include PE, Meditation, healthy cooking and mindfulness.

Sports Day

Newfield Sports Day is held once a year at the local sports centre.

EYFS

In Early Years Foundation Stage, we provide opportunities for children to develop fine motor skills as this is the area the children need to develop in the most. The children do weekly obstacle course and have the apparatus out to develop their gross motor skills.

Children take part in wake and shake/go noodle in the morning or when the children need a break from learning. P.E lessons take place indoors alongside outdoor games during independent play. At Newfield, we work on negotiating space, develop skills and work talk about healthy eating, hygiene and being independent.

Intended Impact

- The majority of pupils are working at age-related expectations in PE.
- There is an increased number of pupils active in the playground at play times
- Pupils will enjoy PE across a range of sports
- Pupils' engagement in lessons reflects their strong attitudes towards a healthy, active lifestyle
- Pupils will use correct the vocabulary in lessons
- Pupils will have a good knowledge of how to improve in lessons
- Pupils will leave primary school knowing the importance of a healthy, active lifestyle and go on to play sports in the future
- There will be no significant gaps in the progress of different groups of pupils (e.g. disadvantaged vs non-disadvantaged)
- Children engage in at least 60 minutes of physical activity a day on playground and through the daily mile
- The profile of PE and sport is raised across the school
- There is increased confidence, knowledge and skills across all teaching staff
- Broad experience of a range of sports and activities available