



PE at CCJS



PE at CCJS

- ▶ Department of Education - National Curriculum-
- ▶ A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Our school aims for PE

The National Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Why is PE important at CCJS?

PE provides opportunities for pupils to become physically confident in a way that supports their health and fitness.

PE will allow opportunities to compete in sport and other activities, to build character and help to embed values such as fairness and respect.

Children will develop competence to excel in a broad range of physical activities

Children will be physically active for sustained periods of time, promoting a healthy, active lifestyle.

Children will engage in competitive sports and activities.

Children will be able to perform dances, supporting creativity, using a range of movements developing their flexibility and control

Children will be able to swim confidently using a range of strokes

Children will be given opportunities to develop leadership and teamwork

What is the standard of P.E. like at CCJS?

- Children love being physically active / Staff love teaching PE.
- Children benefit from a broad, deep and exciting PE curriculum.
- Children make progress throughout the school.
- Staff have received CPD with a PE specialist teacher for at least 5 years - increasing competence and confidence.
- Children engaged with a range of before and after sport clubs.
- Children engaged with sport during Enrichment afternoons.
- Children engaged with a range Stockport wide tournaments.
- SEN children involved in PE (lessons adapted where necessary)
- SEN children involved in Stockport wide tournaments.

Long Term Planning (LTP)

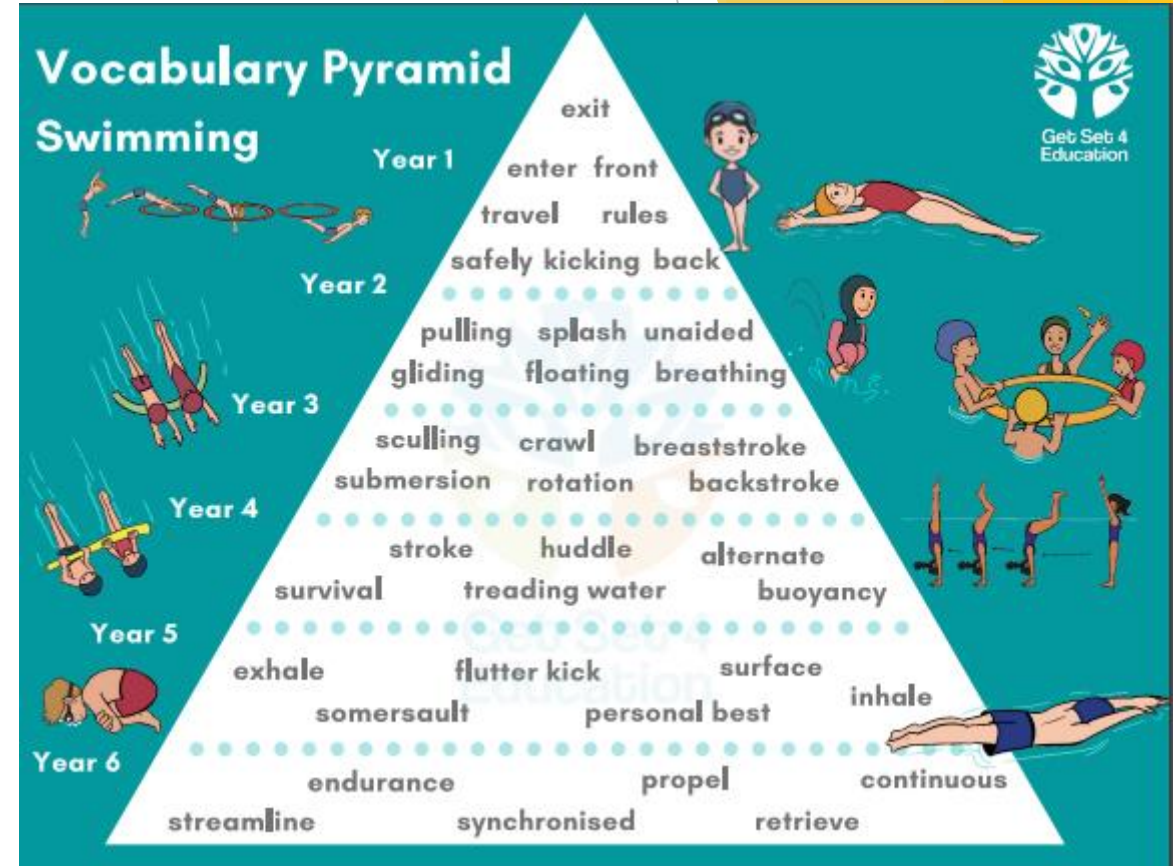
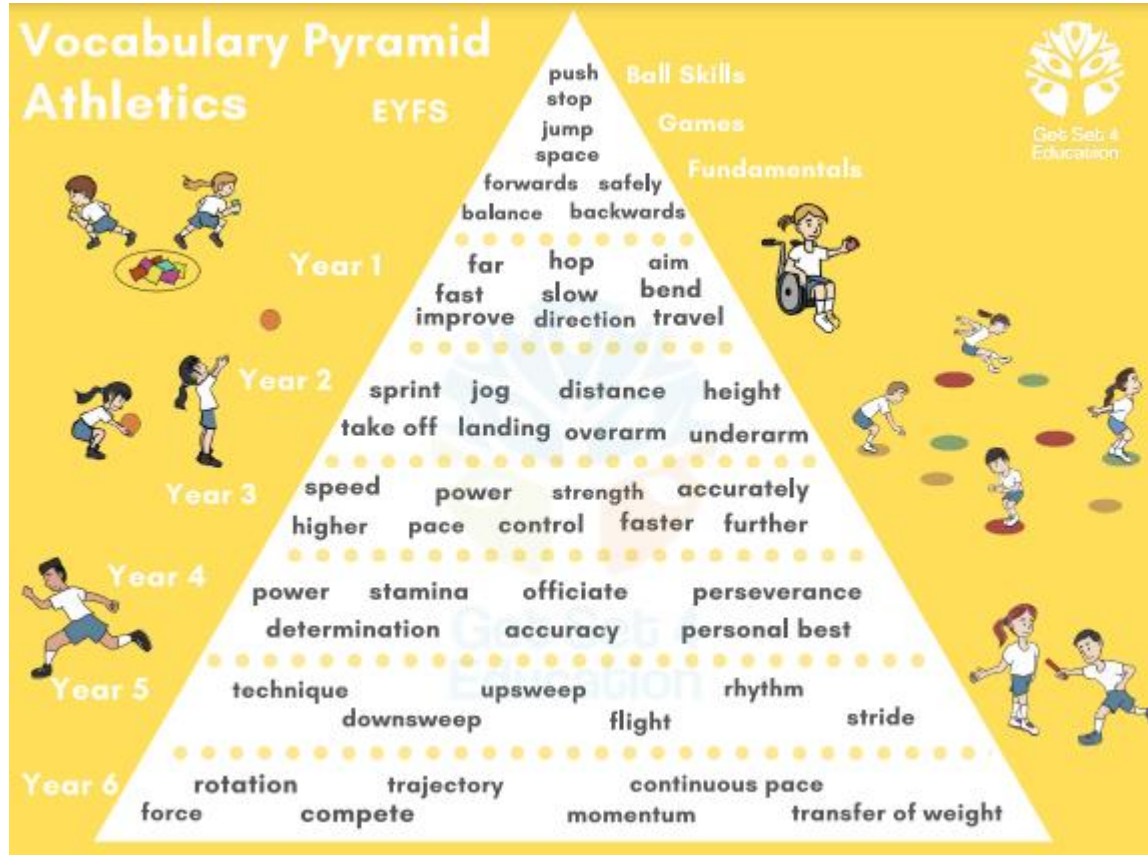
The Long Term Plan for PE is broken down into

2022/2023						
	TERM 1		TERM 2		TERM 3	
Year 3	Football	Ball Skills Y3/4	Fundamentals Y3/4	Tennis	Play leader	Swimming
	Fitness	Hockey	Dodgeball	Gymnastics	Athletics	OAA
	+	+	+	+	+	+
Year 4	Swimming	Swimming	Gymnastics	Fundamentals Y3/4	Cricket	Athletics
	Football	Hockey	Dodgeball	Tennis	Dance	OAA
	+	+	+	+	+	+
Year 5	Football	Hockey	Swimming	Swimming	Swimming	OAA
	Fitness	Dodgeball	Basketball	Tennis	Athletics	Rounders
	+	+	+	+	+	+
Year 6	Football	Hockey	Dodgeball	Tennis	Athletics	Athletics
	Fitness	Fundamentals Y5/6	Basketball	Gymnastics	Fitness	OAA

PE Progression - Dance

3	4	5	6
Copy remember and perform a dance phrase.	Copy, remember and adapt set choreography.	Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.	Perform dances confidently and fluently with accuracy and good timing.
Create short dance phrases that communicate an idea.	Choreograph considering structure individually, with a partner and in a group.	Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.	Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme.
Use canon, unison and formation to represent an idea.	Use action and reaction to represent an idea.	Confidently perform choosing appropriate dynamics to represent an idea.	Improvise and combine dynamics demonstrating an awareness of the impact on performance.
Match dynamic and expressive qualities to a range of ideas.	Change dynamics to express changes in character or narrative.	Use counts accurately when choreographing to perform in time with others and the music.	Use counts when choreographing and performing to improve the quality of work.
Use counts to keep in time with a partner and group.	Use counts when choreographing short phrases.		

Vocabulary



Key vocabulary is outlined on the STP for teachers to review. Children are shown the grid above and participate in whole class discussions about what words describe the skills they will be learning.

How do you know that children 'love' being physically fit?

Pupil
Voice

- I love learning new tactics in a game so that I can win
- We even get to do Games in the rain!
- I didn't know about Outdoor Adventure Activities but now I do and it's fun
- It's important to get your heart pumping fast so that you stay healthy - that's why I like PE
- It's good that my teacher demonstrates - he makes me laugh - but I can do the activity afterwards

How do you know that children 'love' being physically fit?

All children taking part in at least two hours of physical activity per week.

Children given 'brain breaks' to enable movement.

What is the broad and balanced curriculum?

UPDATE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y3	Gymnastics 1 Hockey	Gymnastics 2 Football	Dance 1 OAA /Swimming	Yoga Athletics/Swimming	Health Related fitness Rounders	Dance 2 Athletics 2
Y4	Gymnastics 1 Football/Swimming	Gymnastics 2 Tag Rugby* (Cheshire Cricket) Swimming	Dance - Rivers Netball	Health related fitness/Yoga Tennis	Dance - Romans Rounders Swimming	Gymnastics 3 Athletics Swimming
Y5	Gymnastics 1 Hockey* (Cheshire Cricket)	Gymnastics 2 Tag Rugby	Health related fitness Football	Dance 1 Netball / Basketball	Gymnastics 3 Rounders/Tennis	Dance 2 Athletics
Y6	Gymnastics 1 Football	Gymnastics 2 Hockey	Dance 1 Netball (Cheshire Cricket)	Dance 2 Tag Rugby	Circuit training Tennis	OAA Athletics

The broad and balanced PE curriculum at CCJS

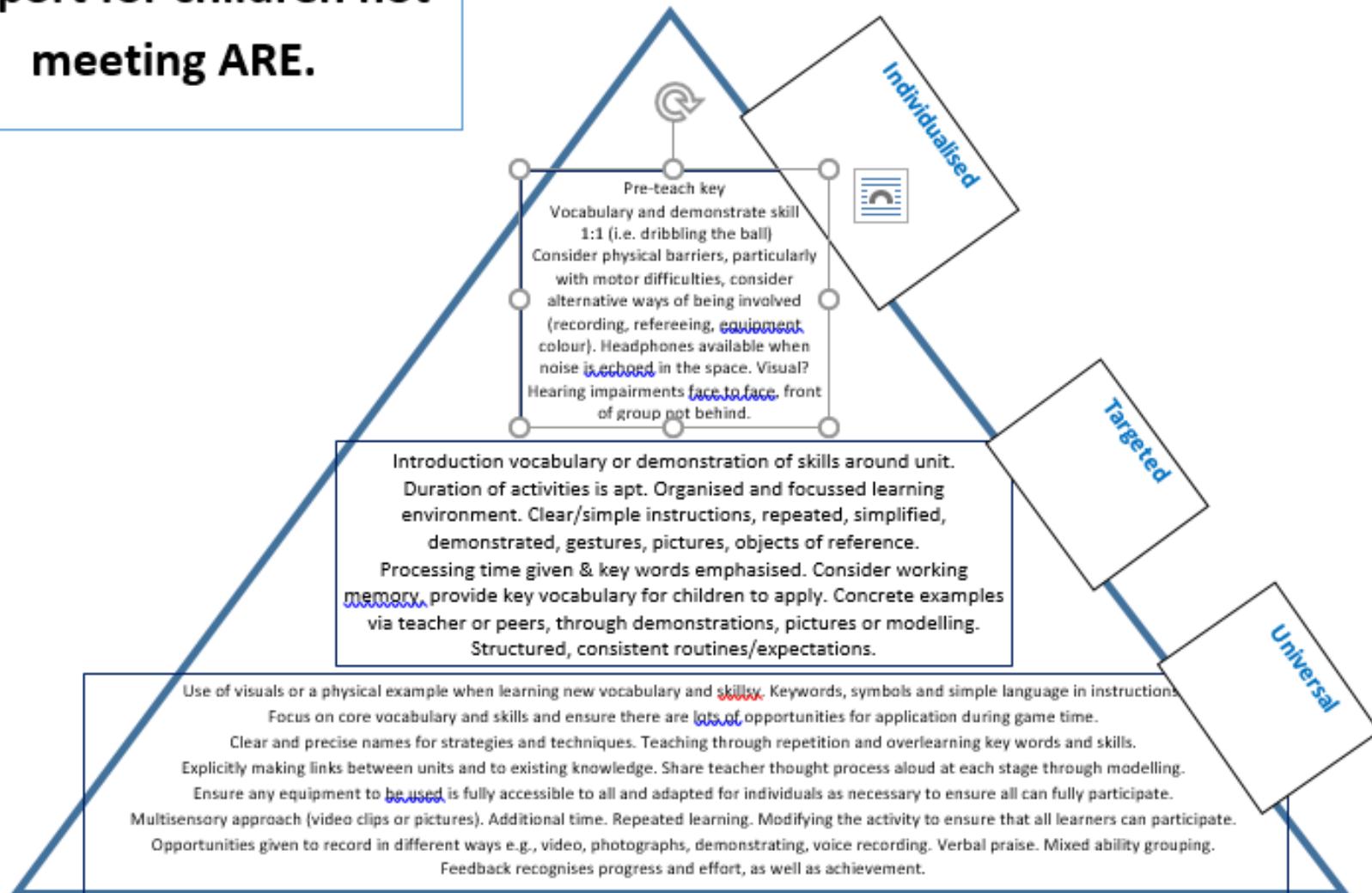
Overview

- Keeping active and taking part in sport is important for children's personal development as well as being important for their mental and physical health.
- Sport and physical activity can boost our ability to cope with challenges and our resilience.
- Our curriculum is made so that children:
 - i) develop competence to excel in a broad range of physical activities
 - ii) are physically active for sustained periods of time
 - III) eventually engage in competitive sports and activities
 - iv) lead healthy and active lives
- Through our curriculum, our children are expected to master various fundamental skills, such as:
 - i) mastering basic movements including running, jumping, throwing and catching
 - ii) developing balance, agility and co-ordination
 - iii) using and developing a variety of tactics and strategies to overcome opponents in team and individual games

Adaptive Teaching: Supporting children and their needs

PE:

Support for children not meeting ARE.



Adaptive teaching is broken down into universal, targeted and individualised. In PE, children are supported in a number of ways in order to help them learn and execute the skills needed, as well as being guided to reflect on their own abilities.

CCJS taking part in a range of Stockport wide festivals

Pupil Voice

'I felt proud representing my school at the Netball tournament'
CM/Y6
(January 2023)

Date	Event
October 2022	Y6/Y7 Indoor Athletics Transition
November 2022	Y4 Manchester United Football Tournament
December 2022	Y3/4 Indoor Athletics Competition (SHAPES)
January 2023	Y5 and Y6 Manchester United Football Tournament
February 2023	Y6 Netball Tournament
February 2023	Y4/5 Girls Football Festival
February 2023	Year 4/5 Boys Football Tournament

The Intent, Implementation and Impact of PE at CCJS

Intent	Implement	Impact
For all children to take part in High Quality PE lessons (Autumn 2021 to Summer 2022)	Audit teachers confidence rating in all areas of PE. (Summer 2021) Block out Monday morning for CPD (Autumn 2022) All teachers from EYFS to Y6 to take part in CPD	Teachers competent in delivering High Quality PE lessons with confidence.
Enable more PP/FSM to take part in extra physical activity outside of school hours (ongoing)	Pupil Voice feedback from all children (but with focus on PP/FSM) showed that children would attend: <ul style="list-style-type: none">• Cricket• Gymnastics• ‘something different’ = Boxercise	This year has proved to be the highest turn out for After School Sport clubs due to the variety of clubs on offer eg Boxercise & Gymnastics
Ensure our G&T children are listed and monitored throughout the school. (ongoing)	Listed children are put forward for festivals and tournaments. Children are encouraged to join outside clubs eg FH playing at Cheshire Cricket at weekend.	Children encouraged to be Sports Ambassadors / Mentoring others / Helping to organise Sports Day

Strengths

- CPD: Bespoke high quality CPD for our staff.
- SEN Provision: High quality lessons taking place for our SEN children. Differentiation / Adaption in lessons taking place so that all children are inclusive. *Inspirational* support from our Teaching Assistants.
- Clear progression taking place across the school: As voiced by Y6 pupil who could see the clear 'challenges even from Y5 to Y6'.
- Festivals and Competitions: SHAPES competitions PLUS Manchester United , Manchester City, Stockport FC competitions (at all age ranges).

Developments

- Lunch time provision: Rotate the equipment offering access to different activities over the term.
- Assessment procedure: How can we make sure that it stays robust and consistent throughout the year?
- Festivals and Competitions: How can we all take responsibility to ensure that our 'unengaged' children have the opportunity to represent our school in sport?