



## **Physical Education at Langford Village Academy**

### **Intent**

At Langford Village Academy aim is to develop the knowledge, skills and competencies essential for mental, emotional, social and physical wellbeing in all our children. Our intention is to enable all pupils, irrespective of their innate ability, enjoy success and be motivated to further develop their individual potential in Physical Education. By offering a broad and balanced physical education curriculum we intend to provide for pupil's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. Through progressive learning objectives, combined with sympathetic and varied teaching approaches, we endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all pupils.

To help fulfil our intent at Langford Village Academy, we aim to incorporate school values, school games vales into our teaching and teach children life skills that will positively impact on their future.

The aim of the curriculum for physical education is to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lifestyles.

### **Invasion games:**

#### KS1

- Participate in team games
- Develop attacking and defending tactics
- Develop agility, balance and co-ordination

#### KS2

- Play competitive games
- Apply principles of attacking and defending

### **Indoor Athletics and Athletics:**

#### KS1

- Master running, jumping, throwing and catching
- Develop agility, balance and co-ordination

#### KS2

- Develop flexibility, strength, technique, control and balance
- Compare their performance to previous ones and demonstrate improvement to achieve their personal best

### **Gymnastics and Dance:**

#### KS1

- Perform dances using simple movement patterns
- Develop agility, balance and co-ordination

#### KS2

- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Compare their performance to previous ones and demonstrate improvement to achieve their personal best

#### **Net and Wall Games:**

##### KS1

- Develop agility, balance and co-ordination

##### KS2

- Play competitive games

#### **Striking and Fielding:**

##### KS1

- Participate in team games
- Master running, jumping, throwing and catching
- Develop agility, balance and co-ordination

##### KS2

- Play competitive games

#### **Implementation:**

Children at Langford Village Academy participate in weekly, high quality PE and sporting activities. Our PE scheme of work incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses.

In meeting our intent, the use of different teaching approaches in lessons is key:

#### **Conditioned games**

A conditioned game is simply where you take the rules of the game and alter them to encourage players to act in a certain way.

We use these games to motivate and deepen learning. Children have the opportunity to be creative in their decision making but also to be able see the effect of those decisions. The conditioned games also allow the children to practice skills in context and are a good transition to full sided games.

#### **Self and Peer Feedback**

Students look at their own and peer outcomes and assess if it was done correctly, or could have been done better. Students giving and receiving feedback allows them to be involved in the learning and to work collaboratively with each other.

## **Divergent Discovery**

Children are given a problem that has multiple solutions and are encouraged to discover their own answer. This is primarily used during dance and gymnastics lessons where children are asked to create a routine based on moves and skills they have learnt in the unit. This strategy promotes student creativity and social skills.

In addition to our PE lessons, we provide opportunities for all children to engage in extra-curricular activities after school and physical activities during the school day by having regular whole school movement breaks and monthly miles. We are also a part of Redborne Sports Partnership which provides opportunities for KS1 and KS2 to take part in local competitive sporting events. This is an inclusive approach which endeavours to encourage wellbeing as well as physical development.

## **Impact:**

The impact of Physical Education lessons at Langford Village Academy will be immediately apparent within the lesson itself as we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. Our curriculum also reinforces values, and alongside the sporting skills we feel children will be motivated to use what is taught to live happy and healthy lifestyles.

Teachers integrate a combination of formative assessment (gathered during feedback, conditioned games) and summative assessment carried out at the end of each unit of learning. By considering all the evidence, teachers can evaluate a pupil's true understanding of the knowledge and ability of skills in the unit of learning.