



Blackwater Sports Strategy 2022 - 2023

Statement of Intent

A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides 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.

Through Physical Education, we aim to develop the children's knowledge, skills and understanding, so that they can perform with increasing confidence and competence in a range of physical activities. We aim to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential.

The national curriculum for PE aims 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 lives

At Blackwater, we aim to ensure that the children's experience of Physical Education is positive and motivating and that children's attitudes to a healthy lifestyle are firmly embedded in our curriculum.

Statement of Implementation

Teaching PE at Blackwater


Each child receives 2 hours of curriculum time PE on a weekly basis which is carefully planned and mapped out to ensure a broad and full range of skills and activities.

Children are taught regularly by both teaching staff and a sports instructor from Nursery to Year 6. The curriculum is further enhanced by participation in numerous sporting tournaments with other schools in the area and after school clubs. A play leader supervises sports activities at lunchtime, including: football, hockey, basketball and netball.

We follow the guidelines set by the national curriculum to ensure we offer a range of PE activities that allow each child to feel challenged and offer opportunities to progress further.

We use Primary PE Planning (www.primarypeplanning.com) to support our learning sequences and progression of skills and knowledge.

At Blackwater School, we have a two year rolling programme that ensures children have a wider selection of sports for the children to be immersed in.

| Sport | | | |
|---|-------------------------------|--|---------------------------|
| <p>At Blackwater School, we provide a high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities.</p> <p>It provides 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.</p> | |  | |
| | Autumn | Spring | Summer |
| Reception (21-22) | Superhero Dance First PE | Gymnastics Swimming | Athletics Multi-Skills |
| Reception (22-23) | Jungle Dance First PE | Gymnastics Swimming | Athletics Multi-Skills |
| Year 1/2 (23/24) | Dance Gymnastics | Ball Games Swimming | Athletics Tennis |
| Year 1/2 (22-23) | Dance Multi skills | Football Swimming | Athletics Cricket |
| Year 3/4 (23/24) | Hockey Gymnastics | Fitness Skills Swimming | Athletics Tennis |
| Year 3/4 (22-23) | Rugby Dodgeball | Dance Swimming | Athletics Cricket |
| Year 5/6 (23/24) | Gymnastics Hockey | Multi-skills Swimming | Athletics Tennis |
| Year 5/6 (22-23) | Rugby Netball / Basketball | Football Swimming | Athletics Cricket |

EYFS

As part of the EYFS statutory framework pupils are taught:

Physical development - involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

- ✓ Moving and handling: children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.
- ✓ Health and self-care: children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Key stage 1

Pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils are taught to:

- ✓ master basic movements including running, jumping, throwing and catching, as well as 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*
- ✓ perform dances using simple movement patterns.*

Key stage 2

Pupils 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 enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are taught to:

- ✓ use running, jumping, throwing and catching in isolation and in combination*
- ✓ play competitive games, modified where appropriate for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending*
- ✓ develop flexibility, strength, technique, control and balance for example, through athletics and gymnastics*
- ✓ perform dances using a range of movement patterns*
- ✓ take part in outdoor and adventurous activity challenges both individually and within a team*
- ✓ compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

Assessment

We assess the children on a termly basis. This gives us a focus to support individual children as well as the whole class.

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Swimming at Blackwater

At Blackwater, we want all children to learn to swim as soon as they can due to living so close to the sea.

All children from Year 1 to Year 6 takes part in swimming lessons, with additional lessons to support children 'catch up' on their swimming skills. They are taught to swim competently, confidently and proficiently over a distance of 25 m using a range of strokes by Year 6.

Wider Curriculum Offer

Children at Blackwater are given the opportunity to join a range of extracurricular activities after school. They range from traditional sports such as football and netball, and other sports such as archery and fencing. Children are given the opportunity to compete at various levels including personal best challenges in school and other intraschool challenges between children in year groups.

Daily Physical Activity

We aim to embed 20 minutes of physical activity throughout the school day in addition to weekly PE sessions. Children are provided with opportunities over the school day to become physically active within the school day. Children are provided with opportunities to have 'brain breaks' throughout the day through the use of initiatives: 'The Daily Mile, mindfulness, yoga and dance activities.'

Equal Opportunities

At Blackwater School, we are committed to promoting equal opportunities irrespective of socio-economic background, gender, disability and ethnicity in all areas of the curriculum. We believe that our pupils should have equal access to and participation in all that is offered within Physical Education lessons and beyond. Teaching staff plan their lessons and make necessary adaptations and/or differentiation to ensure appropriate challenge and accessibility for all learners.

Inclusion

At Blackwater School, we are committed to ensuring that all pupils participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that pupils should have equal access to and participation in a range of physical education activities in order to reach their own potential. We also use the SEND resources provided by Primary PE planning in order to support our provision. At Blackwater School we believe that Physical Education and sport is for everyone!

Health and Safety

Physical Education and participation within it can carry some risk. It is the responsibility of the staff delivering PE to ensure that the risk is minimised with the correct implementation of safe practice protocol.

As a school we undertake detailed risk assessments on every aspect connected with the delivery of PE. These can range from an outside agency risk assessing PE apparatus and equipment, our day to day provision for PE within the curriculum, extra-curricular activities and any possible sporting ventures or trips which will take place off site

All staff working alongside our pupils in PE are made aware of any disabilities or health problems and are knowledgeable as to individual needs and provision. They are informed of the procedure for reporting or dealing with any issues pertaining to incidents which may arise during PE sessions. Parents and pupils are also frequently reminded and actively encouraged to ensure that all personal medical necessities required for participation are at hand during activity, for example asthma inhalers.

Experienced staff will demonstrate to all new staff members how to lift, carry and place apparatus safely and how the pupils should move apparatus. Pupils are made fully aware of safety issues during set up and participation in PE sessions.

Correct clothing and footwear must be worn. All teaching staff and pupils should wear clothing suitable for delivering or participating in PE. Pupils are to have bare feet (where possible) for indoor activities including dance, gymnastics, mini-muay thai and yoga. Pupils are not permitted to wear watches and jewellery; Earrings should be removed for the PE lesson. They must be covered by the parent/child if they cannot be removed. Tape should be provided by the parents, long hair must also be tied back or up.

Pupils should also have available a water bottle from which they can hydrate themselves during physical activity. The importance of hydration should be encouraged by all as an important aspect of a healthy balanced diet and active lifestyle.

If a pupil forgets a kit, or part of their kit, we keep a supply of spare PE kit within the classroom. If a pupil is excused from PE for medical reasons the pupil will still be fully involved in PE, participating as a 'mini-coach' within the lesson. If they are well enough to - we will ask them to get changed into PE kit.

Statement of Impact

All children at Blackwater receive a broad and balanced PE curriculum regardless of year group or ability. Every child accesses all of the key areas of the subject on offer at our school.

Teachers plan PE with clear progression of skills and knowledge that we have devised as part of our curriculum offer to ensure that all children access it at an age-appropriate level.

Festivals and competitions ensure all of our children have the opportunity to take part in a range of sports both in and outside whether that be at a competitive or non- competitive level.

All schools are required to publish how they spend their Sports Premium Funding in the form of an impact sentence. The impact Statement for Blackwater can be found in the PE funding section of our school website.

As a result of a strong Physical Education curriculum and wider curriculum offer, Blackwater Community Primary School leavers will:

- ✓ Become skilful and intelligent performers.
- ✓ Acquire and develop skills, performing with increasing physical awareness.

- ✓ Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking.
- ✓ Set targets for themselves and compete against each other.
- ✓ Understand what it takes to persevere, succeed and acknowledge other's success.
- ✓ Respond to a variety of challenges.
- ✓ Take the initiative, lead activity and focus on improving performances.
- ✓ Develop competence to excel in a broad range of physical activities.
- ✓ Lead healthy, active lives.
- ✓ Develop positive attitudes to participation in physical activity.
- ✓ Engage in competitive sports and activities.
- ✓ Embed values like fairness and respect.