

PE at Queensway



At Queensway Primary School, we believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being. Through PE & Sport our children learn to develop the important qualities of discipline, resilience, communication, teamwork, and ambition, leading to improved concentration, attitude, and academic work.

Our PE curriculum aims to ensure that all pupils develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad & balanced curriculum with opportunities for all to be enjoyed.

PE in EYFS

Children in EYFS at Queensway are exposed to physical activity in a variety of ways, which is part of the 'physical development' section of the EYFS framework. Children have daily access to outdoor areas, where they experience a range of activities, such as riding bikes, climbing on a climbing frame and ball skills. Children in the EYFS also attend forest school sessions, weekly, where they can develop their fine and gross motor skills in a different environment using various materials not available in the classroom.

Children develop their fine motor skills, through activities such as threading, scissor work, holding pencils and hammering. There is always a variety of activities available to the children both in the continuous and enhanced provision that allow them to practise the fine motor skills needed for writing. In Nursery, children take part in 'dough disco' and 'squiggle while you wiggle'. In Reception, children focus specifically on woodwork. Children develop their gross motor skills through activities where they must negotiate working through obstacles safely as well as having the opportunity to use the outside area to explore different ways of moving – skipping, running, jumping, etc. The main skills that are developed at this stage are: core strength, stability, balance, spatial awareness, co-ordination, and agility. In Reception, the children also take part in a weekly PE lesson.

The aim of PE in the EYFS is for children to feel confident trying new activities, developing their independence and resilience, whilst facing new challenges. In doing so, children will also be learning how to take turns and work cooperatively. PE and physical development also allow the children to develop the characteristics of effective learning – playing and exploring, active learning and creating and thinking critically.

PE in KS1 and KS2

Children at Queensway receive two hours of physical education per week (indoor and outdoor). As well as these lessons, all children participate in physical activity throughout the day, including active brain breaks using active videos, active play at break and lunch with the support of teaching assistants and playground leaders, an active breakfast club and after school club and active lessons, focusing on the children moving around and increasing their levels of physical activity.

Children in Year 5 also participate in three half terms of weekly swimming lessons (classes swap after three half terms), which are facilitated by qualified swimming instructors at Queensway School, as well as Spiceball Leisure Centre. Our mission is to enable these pupils' to have continuous weekly lessons in order to meet national curriculum expectations. In particular, the government wants pupils to be able to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke).
- Perform safe self-rescue in different water based situations.

A high-quality PE curriculum will develop physical literacy and will allow pupils to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. It also contributes to the development of a range of important cognitive skills such as decision-making and analysis, and social skills such as teamwork and communication.

Our PE curriculum will be inclusive and ensure that pupils of all abilities access the range of activities we offer and that they are physically active for sustained periods of time in order to encourage them to lead healthy, active lives.

We are improving our programme of intra and inter school competitions through our partnership with NOSSP (North Oxfordshire School Sport Partnership) who provide opportunities for pupils to participate in competitive sports and activities both in and beyond the curriculum. This will mean that pupils have the opportunity to participate at all of the four levels of competitive sport – competition in school, between schools, at county/area level and at national level.

Our mission is to improve and increase the quality and quantity of high quality PE for pupils, to show how PE can enhance pupils' attainment and achievement and to create pathways for them to continue to be active beyond school. Our partnership with NOSSP and the continued support provided by a NOSSP PE coach allows continued professional development amongst our teaching staff. The coach offers support and guidance in one indoor or outdoor slot, supporting and developing the confidence of our teaching staff in delivering an area of the PE curriculum.

We will continue to develop our links to outside agencies and clubs, which will help to generate positive interaction in the community. We will continue to offer taster sessions, offering alternative clubs and physical activities, which are not normally taught throughout the PE curriculum and delivered by specialists.

We are striving towards improving the delivery of the teaching & learning of PE in order to promote participation, progress and performance. 'High quality PE and school sport produces young people with the skills, understanding, desire and commitment to continue to improve and achieve in a range of PE, sport and health-enhancing physical activities in line with their abilities' (DCMS Learning through PE & Sport).

Our school also recognises the impact that the provision of a high-quality PE and school sport curriculum has on the whole school and that it can lead to whole school improvements.

Developing pupil's personal qualities through PE can affect their attitudes towards school and learning. When PE and school sport provision is of the highest quality, all pupils will, to the best of their abilities, develop and demonstrate the following personal qualities:

- A strong desire to learn & make progress
- High levels of dedication, attendance and involvement in PE and school sport
- High levels of commitment to PE and school sport
- Good levels of positive behaviour such as politeness, fair play and helpfulness; and
- High levels of enjoyment and enthusiasm and a strong desire to get involved.

At Queensway Primary School we welcomed the Government's announcement in June 2013 to provide additional funding for 2 years to improve provision of physical education (PE) and sport in primary schools. We are committed to using this resource in developing high quality PE lessons, alongside greater opportunities for sporting competitions and clubs for all our young people.

The Sports Premium Funding report outlines how we have spent our sports funding and the impact it has had on the children of Queensway Primary School. A copy of this can be found on the school website.