



**Physical
Education
at
Vicarage
Park CE
Primary
School**

Introduction

The aim of this handout is to provide parents with an overview of the aims of PE and the planned opportunities that children take part in over their years at school.

At school we recognise that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development, well-being and overall education.

It can teach the pupils, through purposeful experiences, to understand and value the benefits of participation in physical activity not only at school but also throughout life. We plan a broad and balanced physical education curriculum that is intended to facilitate the development of the pupil's body awareness, self-confidence and enjoyment of the activity.

It is intended that pupils, irrespective of their innate ability, will enjoy success and achieve their full potential in P.E.



Aims

Physical education offers opportunities for children to:

- Become skillful and intelligent performers
- Acquire and develop skills, performing with increasing physical competence and confidence, in a range of physical contexts
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in a creative way
- Set targets for themselves and compete against others, individually and as team members
- Understand what it takes to persevere, succeed and acknowledge others' success
- Respond to a variety of challenges in a range of physical contexts and environments
- Take the initiative, lead activities and focus on improving aspects of their own performance
- Discover their own aptitudes and preferences for different activities
- Make informed decisions about the importance of exercise in their lives
- Develop positive attitudes to participation in physical activity

P.E. Lessons

At Vicarage Park teachers take their own classes for PE. On Tuesdays, Sports Coach Steve Hoare spends a day with us not only teaching 4 classes within school but also running a variety of after school sporting clubs over the year. Other 'sporting' clubs are run by staff and parents over the year and include gymnastics, dance, ski-ing and cross country. Clubs run by Steve include rounders, tag rugby and football.

KS2 children are given the opportunity to take part in inter-school events and represent school in competitions such as athletics, football, tag rugby, orienteering, bench-ball, cross country and swimming whether as an individual or as part of a team. We believe that children should be given opportunities to take part in competitive sport whilst also acknowledging that for a number of children the pressure that competition can bring.



Curriculum

The content of P.E. in primary schools as established by the National Curriculum at Key Stage 1 and Key Stage 2 and the Early Learning Goals for the Foundation Stage is as follows:

Foundation Stage: Physical development

Key Stage 1: Games, Dance, Gymnastics

Key Stage 2: Games, Dance, Gymnastics, Athletics, Swimming, Outdoor and adventurous activities



By the end of Key Stage 2 children will have taken part in in team games including football, benchball, netball, hockey, rounders, cricket and tennis. Years 4 and 5 swim every week in the Autumn and Spring terms. Only a short while ago some classes braved the cold weather in a tri-golf session Steve Hoare had organised. Some children from Year 5 joined a coach from Lakes Leisure in a series of Boccia lessons (paraOlympic sport). Also, Year 4 has been taking part in netball and athletics sessions run by P.E. teaching staff from Kirkbie Kendal School.

Annually, year 6 attend a residential visit to an outdoor centre, currently Robinwood Activity Centre. Here children take part in various adventurous activities such as climbing and zip wire as well as team building challenges.

P.E. Opportunities

Our teaching is generally intended to be suitable for a mixed ability, whole class approach. However, when appropriate, differentiated tasks will be set in order that particular skills can be developed. The school aims to provide full access to the P.E. curriculum for all children whilst taking into consideration any relevant health and safety matters. School staff encourage children to attend sports clubs run by other organisations outside the school day. Holiday clubs – with different sporting activities take place on school premises over the year.

We look for opportunities to ensure high quality exercise is provided outside of P.E. lessons. During lunchtimes our midday supervisor staff help the children to take part in games and provide suitable equipment – this is supported by events we have provided over the year like the recent Skipping Workshop.



Activities and Events

In Years 5 & 6 the children are invited to participate in cycling proficiency training. Children in Key Stage 2 are welcome to cycle to school with bike racks provided for safe storage.

The school actively promotes the Walk or Wheel to School initiative, demonstrating both the environmental and health benefits of this choice.

Teachers may choose to use aerobic activities such as Wake up and Shake up and Cyber Coach. These activities enable children to take part in physical activity that is beneficial to their learning and can ease the transition from one activity to another.

During the summer term older children are invited to represent school in an inter-schools athletics competition. In school there are 2 sports days. The rationale behind these days, to which you are invited, is:

- Activities are derived from the PE curriculum
- Focus on both individual and team work
- Mixed ability, everyone is encouraged to actively participate
- Simultaneously occurring events help enable pupils to take part without fear of being the centre of attention, however, we do acknowledge those children who are particularly gifted in PE.

Summary

There is a wealth and range of physical activity offered at Vicarage Park ranging from competitive sport to sport for fun and exercise that promotes good health and well-being. We are always interested in looking at new areas to develop so please feel free to talk to any of the staff about how we can improve what we already offer.



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