Portobello Primary School

Physical Education, Physical Activity and School Sport

Vision statement

At Portobello Primary School we know that Physical Education plays an important role in the development of our children.

Physical Education leads to improved fitness, health and well-being, concentration, attitude and academic achievement. It can help children to:

* Raise their achievement
* Excel in different areas
* Build their self-esteem
* Learn to cooperate as a team and display leadership skills
* Experience healthy competition - learn to cope with life’s success and defeats
* To be more responsible for themselves and others
* Develop a healthy lifestyle

Through Physical Education children can develop Portobello’s values of: Creating Confidence, Empowering Excellence and Igniting Independence.

We aim to encourage a lifetime love of sport, keeping fit and encourage children to be the best that they can be. We believe in promoting healthy lifestyles for healthy minds.

Teaching and learning

In Reception class, children are provided with opportunities to be physically active throughout the school day through outdoor play and exploration. This allows them to develop their movement, coordination and control through the use of various types of equipment and different experiences. Children in reception class also have 2 hours of high-quality timetabled PE per week, where they are provided with a range of experiences through multi-skill activities to develop their gross and fine motor skills, as well as developing their cooperation skills, turn taking, building self-esteem etc.

All children in KS1 and KS2 are provided with at least 2 hours of high-quality PE per week. The curriculum in KS1 focuses on fundamental skills to develop agility, balance and coordination. Teachers use the curriculum to plan a range of lessons including ball skills and team games, gymnastics and dance. In KS2 pupils will build on the skills learned in KS1 to apply and develop them in a range of ways involving a range of games (invasion, net/wall, striking and fielding), gymnastics, dance, athletics and swimming.

Assessment

Teachers assess children’s skills, knowledge and understanding through observations within PE lessons as well as evaluation and questioning skills. Children receive immediate verbal feedback within lessons, as part of assessment for learning so the chidlren and teachers are aware of their next steps on how to improve further. Children are also provided with opportunities to reflect on their own skills as well as receiving peer feedback within lessons, to inform future learning. Teachers complete assessment grids after each unit of work to show how children have progressed against the learning objectives from that term and provides details as to what their next steps will be. In Reception, children are assessed against three main areas: Physical, Cognitive and Social & Emotional.

Inclusion

Our curriculum requires staff to use the principles of STEP to provide all children with opportunities to succeed within PE lessons. This means lessons are differentiated in a way that allows all children to participate in lessons, gaining a sense of achievement at their own level.

**S** = change the space available/used

**T** = change the length of time for a given activity

**E** = change the equipment used, e.g. use a larger ball

**P** = change the people, e.g. group sizes

Physical Activity and School Sport

At Portobello, we are passionate about providing children with a variety of opportunities to take part in regular, high-quality sport and physical activity. We believe that being part of a team is a great way for children to build confidence and self-esteem, as well as allowing children to form strong friendships and develop team- work skills. We encourage all children to be physically active and take part in sport, competitively or otherwise. Our vision aims to encourage children to make physical activity part of their everyday life.