

The Melling Approach to Physical Education



Intelligence and skill can only
function at the peak of their
capacity when the body is healthy
and strong.

— *John F. Kennedy* —

AZ QUOTES

“It is really important that we promote competitive sport in schools. It is very important that we recognise that has to be underpinned by good quality physical education and by getting people into patterns of exercise.”

Sebastian Coe

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

National Curriculum 2014

INTENTION - Aims and Principles

- Melling Primary School believes 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.
- A broad and balanced physical education curriculum is intended to provide for pupils' increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations.
- Progressive learning objectives with varied teaching approaches, aim to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all pupils.
- Through the selection of suitably differentiated and logically developed tasks, it is intended that pupils, irrespective of their natural ability, will enjoy success and be motivated to further develop their individual potential.
- A balance of individual, paired and group activities taking place in co-operative, collaborative and competitive situations aims to cater for the preferences, strengths and needs of every pupil.
- Pupils are encouraged to appreciate the importance of a healthy and fit body, and begin to understand those factors that affect health and fitness.
- Taking exercise is seen as vitally important to well-being and can contribute to positive mental health. This is one of Melling School's 7 steps to well-being and feeling good.

IMPLEMENTATION - Quality First Approach

Our approach to Physical Education at Melling Primary School is outlined below:

- We promote children's physical health through the aim of quality curriculum Physical Education every week, along with varied and age-appropriate after school clubs for children to further develop sports they show an interest/aptitude for.
- Children are given opportunities to enjoy a range of activities and achieve to the best of their ability.
- In Physical Education at Melling Primary School, children develop self-confidence, self-esteem and learn to work with and against their fellow pupils in challenges and small-sided team games.
- Melling Primary School will take every opportunity to compete in sporting activities within the local schools cluster group, encouraging participation in healthy competition.
- Children are educated about safe practices in P.E. and how to minimise risk of injury to themselves and others.

In Melling, PE will :

- encourage children to be active in all lessons
- ensure that for the majority of a lesson, children will be participating in physical activity
- use running, jumping, catching and throwing in isolation and in combination
- include competitive games, modified where appropriate, (for example, cricket, football, handball, hockey, netball, rugby and tennis) and apply basic principles suitable for attacking and defending

- help to develop flexibility, strength, technique, control and balance, (for example through gymnastics and athletics)
- give opportunities to perform dances using a range of movement patterns
- include swimming sessions for approximately 10 lessons every year from Year 3 up to and including Y6. There will be extra lessons for children who need more help to achieve National Curriculum requirements
- encourage children to take part in outdoor and adventurous activity challenges both individually and within a team
- allow children to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- offer a challenge to all pupils, both more able and developing, by varying the use of STEP(Space, Task, Equipment, People)
- promote excellence by allowing pupils to demonstrate newly learned skills
- encourage improving levels of determination and perseverance

Lesson plan model for Melling PE

Physical Education lessons will include:

- Warm-up activity to prepare the body for exercise by raising the heartbeat and stretching muscles
- Skill development, with a recap of previous work, followed by an introduction to the intended learning which is demonstrated and practised. When appropriate, children will initially work individually(eg. with a ball each) before moving onto paired and small group work
- In Games lessons, a small sided game is introduced where children can practice the new skills that they have learned
- In Gymnastics lessons, children will usually be asked to perform a sequence of moves, based on their intended learning(eg. Rolling)
- In Dance lessons, children will be asked to co-ordinate their movements into a dance which can be performed and evaluated

- In Athletics lessons, children will be trying to improve their previous performance, such as by running faster, throwing further and jumping longer
- In Swimming lessons, children will be taught by a specialist swimming teacher who will follow National Curriculum Swimming Requirements with the aim of helping every child to be confident in water and able to swim 25m on their front and back using a recognised swimming stroke
- In all lessons, children will be given opportunities to evaluate and improve their performance.
- In Outdoor and Adventurous Activities, children in Key Stage 2 will be offered an opportunity to participate in three separate overnight residential which encourage children to challenge themselves in new surroundings and take part in a range of outdoor activities including hill walking, canoeing, rock climbing and orienteering.

Inclusion

PE lessons will give all children the opportunity to achieve. Differentiation in lessons follows the STEP model where tasks can be varied by:

SPACE: the area children are working in can be made bigger or smaller eg. Can the ball be passed accurately over a longer distance?

TASK: children can be given varied tasks to do depending on ability. In gymnastics, children can be asked to perform a roll. Some will choose to do a pencil roll, others may be able to attempt a forward or backwards roll.

EQUIPMENT: can be varied such as increasing the size of a ball to make catching activities easier

PEOPLE: groupings in PE lessons take account of children's ability and will give opportunities for children to compete in small-sided games with similar ability children

Enhancement

At Melling Primary School we offer a wide range of after school sports based clubs across different age groups. Clubs include: cricket, netball, tag rugby, girls football, dance, football and judo. Children who show interest or special aptitude are signposted towards local sports clubs outside school.

Melling Primary School will also take every opportunity to enter any competitions and events that are organised by the local schools cluster(MADCOS). The school participates in the following events : cross country competitions for Y4,Y5 and Y6 ; football league, girls football league, girls and boys football tournaments, netball tournaments, netball league, tag rugby competition, swimming gala, hockey tournament and cricket tournament.

The school sports day takes place in the Summer term of every year. The focus is on the athletic activities of running, jumping and throwing. The event is designed to be both competitive and to encourage all children to participate as part of their house team to gain points for an overall team winner.

Class based competitions are used at the end of a unit of work where pupils get an opportunity to play small-sided competitive games. There will also be a class cross country running competition and a doubles tennis tournament for Y5 and Y6.

Champions

Children who are particularly enthusiastic about Physical Education will be encouraged to become champions of the subject; ambassadors for Physical Education across the school. Two children are chosen at the end of each academic year to be school sports personalities.

Impact

Melling Primary School will strive to become a school that has an excellent reputation for its approach to sport and Physical Education. Melling Primary School will enter teams and individuals into every sporting event that is organised by MADCOS. These include cross country runs, swimming galas, football leagues for boys and girls, football, cricket, hockey, netball and tag rugby tournaments.

Assessment in PE

Children are continually assessed in Physical Education lessons. Pupils work will be assessed throughout each unit of work. Pupils progress will be monitored and a record sheet will be kept for each class which will show children's progress through a range of activities. This data is used to report achievements to parents at the end of the academic year. Data on the National Curriculum Swimming requirement is published on the school website.

Monitoring

The monitoring and evaluating of practice in Physical Education enables the progress of children to be seen within the class and whole-school contexts of school and staff development. Monitoring of teaching and learning takes place through lesson observations and pupil interviews to ensure coverage, continuity and progression in Physical Education. Findings are used to inform future planning to enhance teaching and learning.

The use of case study pupil forums is being developed, where a cross section of children are identified in each year group. Those same children will be the focus of pupil interviews each term, in order to see PE provision and achievement through the eyes of a pupil.