

How we teach PE at Kenningtons Primary Academy

“Sport teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and to lose – it teaches you about life.” Billie-Jean King

What do athletes do?

- Learn skills specific linked to their sport
- Practice and perfect their skills
- Learn tactics and obey the rules of the sport
- Work well in a team
- Eat a healthy diet
- Set goals and commit to achieving them

Intent

At Kenningtons we are promising athletes and we believe that sport is for everyone. We learn about sports and their component skills as outlined in the National Curriculum.

In the EYFS, we use the statutory framework area of “physical development” to begin to understand PE. We are given opportunities to take part in sporting events both in and out of school. This allows us to experience success and learn from our failures.

Knowledge:

We learn the rules of a variety of sports and demonstrate our understanding by playing competitions. We learn about the effects that exercise has on our body and how exercise is good for our well-being.

Skills:

We learn generic skills that will help us in lots of sports and we also learning specific skills for individual sports.

Implementation

- PE is taught to us twice a week, once by our class teacher and once by our specialist PE Teacher.
- The skills we must learn are carefully planned and increase each year, so that there is progression
- In Key Stage 1, the focus of lessons are mainly skills based to establish the foundations for KS2. For example we learn the skills of throwing and catching to prepare us for netball, basket ball and rugby.
- In KS2, units of work are focused on different sports. We demonstrate the skills and strategies we have learnt in a tournament or performance
- In year 4 we take part in swimming lessons. The swimming pool comes to us so that we don't waste any learning time travelling to and from.
- On PE days we wear our PE kits to school. This means that we are ready to take part in lessons straight away and we can't forget our kit!
- There are a range of after school clubs for us to take part in. Some clubs are for everyone and others are for children who excel in a particular sport.
- We take part in a variety of competitions across the year which are organised by Thurrock Schools Sport Partnership. We compete against other schools and gain points in a league table. Mrs Harris (our PE teacher) helps us to practice and develop the skills we need before we compete. There are also events which are aimed at pupils with physical special needs
- In June every year, the whole school takes part in the 30:30 event. We are encouraged to engage in 30 minutes of exercise every day in June. There are lots of activities organised by the school and we finish with a 5km fun run with our families.

- If we have difficulties with our fine or gross motor skills we take part in Gym Trail four times a week.
- When the weather allows, we 'walk the world' in order to get some additional daily exercise.

Impact

We will demonstrate our PE learning within our lessons, our competitions and assessments.