



Physical Education: Intent, Implementation, Impact

Intent

At North Clifton Primary School, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities within a broad, ambitious and well-sequenced curriculum.

Knowledge

When designing our curriculum, we have considered knowledge in PE through several lenses: the disciplines that PE draws its knowledge from, along with declarative knowledge (knowing what) and procedural (knowing how) knowledge.

- 1. Substantive knowledge** - this is the core subject knowledge and vocabulary used about the sporting disciplines and the contribution of sporting figures from a range of sports. We explore these through the lenses of substantive concepts which are taught through explicit vocabulary instruction as well as through the direct content and context of the study.
- 2. Disciplinary knowledge** - PE draws on knowledge from a range of disciplines, including elite sport, physiology, psychology and sociology. For example, knowledge of how breathing rates increase during exercise has been established through scientific enquiry, whereas strategies to outwit an opponent in rugby have their disciplinary roots in elite sport. Physical Education therefore requires that we teach pupils to competently and confidently apply the important contributions that each field makes to their participation in sport and physical activity.
- 3. Declarative knowledge** – this is the factual knowledge concerning movement, rules, tactics, strategies, health and participation. It is explicitly linked to the content being taught. Pupils demonstrate their declarative knowledge through question-and-answer sections of a lesson or spoken or written observations of a practical demonstration. We provide pupils with the explicit vocabulary teaching and give them opportunities to verbalise their strengths and limitations, and to communicate ideas, decisions and choices they make during an activity they undertake or one that they observe.
- 4. Procedural knowledge** – this can be viewed as the know-how to apply declarative facts, such as applying the tactics to a practice situation or modified game. This knowledge in a PE setting is best put into practice through physical demonstration or physical participation. For example, someone must have knowledge of what a headstand looks like and how to retain balance, before they start to practise doing one.

The latter two forms of knowledge, the 'know-what' and 'know-how', are vitally important in ensuring a pupil's effective physical education. Pupils need to be explicitly taught what the links are between declarative and procedural knowledge. Without the declarative knowledge of motor movement, rules, strategies and tactics, and healthy participation, it might be that pupils can perform physically but they are not able to critically engage fully in the field of sport and physical activity, which could otherwise enrich their experiences.

Our curriculum is built upon the pillars of:

1. Motor competence
2. Rules, strategies and tactics
3. Healthy participation

Motor Competences

These are a person's ability to make a range of physical actions which include co-ordinating fine and gross motor skills. These are important in everyday activities as well as in play and physical activity. For some children, PE will be

the first time these competences are taught. Pupils require sufficient and well-designed opportunities to practise these competences as well as feedback to know how to improve. There is a positive link between confidence and competence.

Rules, Strategies and Tactics

Pupils also need to be taught how to move as well as competently. The rules, strategies and tactics which are involved with different types of activity require explicit teaching. Tactics are the decisions people make about how, when and where to move and are closely related to motor competences as they are only successful if pupils can perform the necessary movement. Some physical activities do not have rules or tactics but they do have strategies for success. These are less time-dependent than tactics and can have broader relevance beyond playing games.

Healthy Participation

Pupils need to learn how to participate in physical activity in a healthy way. This can involve having their understanding from outside of school challenged and corrected. For example, public health messages can sometimes be unclear and unhelpful unless pupils understand them in the correct context. Children need to understand how their knowledge of health applies to physical activity so they can participate fully and safely. Our PE Curriculum, along with PSHE and science, teaches children about the importance of healthy living and learning about the need for good nutrition. At North Clifton we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being.

Fundamental Movement Skills

In the early years, pupils need to develop a good level of fundamental movement skills which are the basic motor patterns which are not learned naturally. They include locomotor skills (such as running and jumping), stability skills (such as twisting and balancing), and manipulation skills (such as throwing and catching).

Implementation

To fulfil our curriculum intent that all children are provided with high quality PE and sport provision, we aim to ensure that our PE lessons are both progressive and engaging allowing children time to discover, practice, play and spend time on a task when learning a new skill. In school, we follow the National Curriculum for PE.

All children have two hours of PE each week. The children in KS1 and KS2 also attend swimming lessons at Newark Sports and Fitness Centre on a weekly basis for the second half of the academic year every two years. We also ensure there are opportunities for our children to engage in intra and inter sport competitions, working with the wider community of schools in Lincolnshire and Nottinghamshire.

A Traditional Sports Day is held each summer where families and carers are invited to share and celebrate the success of our children and their talents in sport. Children complete a range of activities both competitively and non-competitively.

Recall, Retrieve and Assessment

We measure the impact of our PE curriculum using a range of formative assessment methods including self and peer assessment during lessons. We use on-going observations (assessment for learning) and this informs the planning of the next sessions, with adaptations made where required using the STEP model -changing the Space, Task, Equipment, People, to make activities more or less challenging. Pupils are regularly given the opportunity for Self or Peer Assessment, which will then be used to inform planning, preparation, differentiation and address misconceptions within that lesson, or for future lessons.

Impact

Our PE curriculum aims to improve the wellbeing and fitness of all children at North Clifton Primary; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. Through strong links with PHSE we promote the overall well-being and health of each child through teaching about self-discipline and that to be successful you need to take ownership and responsibility of your own health and fitness.