



PE and Physical Activity are important and essential parts of the school curriculum and day. They develop pupils' physical competence and confidence across a range of situations. They offer pupils opportunities to create, perform, compete, and evaluate in safe, but challenging situations. Our school believes that PE and Physical Activity should be enjoyable experiences which develop positive attitudes towards active and healthy lifestyles. They should provide opportunities to develop pupils' citizenship skills such as tolerance, teamwork and leadership.

Aims

Our PE and Physical Activities offer opportunities for pupils to:

- Acquire and develop skills and perform with increasing confidence and competence
- Learn how to select and apply skills, tactics and compositional ideas to suit the task and situation
- Evaluate and improve their own work, and the work of others, developing an appreciation of skilful and creative performance
- Understand how activities contribute to their fitness, health and well-being
- Develop positive attitudes to participating in physical activity and discover their own aptitudes and preferences for different activities
- Experience success and acknowledge others' success
- Become independent learners; planning, taking the initiative and solving problems for themselves
- Develop positive sporting behaviour and observe the conventions of fair play
- Respond to a variety of challenges in a range of physical contexts and environments
- Set targets and compete against themselves and others, as an individual and part of a team
- Develop independence in personal organisation and life skills

Cross-Curricular

PE contributes to the whole curriculum of our school by offering an additional context for learning, understanding and application of language, number, PSHE, citizenship and scientific concepts. It contributes to the social, expressive, aesthetic, spiritual and moral aspects of learning through practical activities. It can also provide opportunities to further explore other aspects of the foundation subjects such as outdoor learning, history and geography.

Curriculum PE

Teaching and learning incorporates the 2013 National Curriculum for PE and our 5-19 Curriculum Overview highlights the aims of PE at each phase in Thriftwood. The curriculum map is annually updated and ensures appropriate range of activities across the year and key stages. Our Thriftwood Schemes of Work allow staff to select appropriate learning outcomes for each activity area, encompassing

- Personal, Social, Emotional and Leadership Skills
- Essential Knowledge
- Key Skills



In our Primary and Middle phases we select suitable activities from: Gymnastics, Dance, Games, Athletics, Multi Skills & Physical Development, Outdoor and Adventurous Activities, Swimming, Creative Games, Target Games, Young Leaders, Yoga, Speed Stacking, Circus Skills, Horse Riding & Parachute activities.

In Upper and KS4 we cover a range of activities which may include: Gymnastics, Dance, Games, Athletics, Multi Skills, Outdoor and Adventurous Activities, Health & Fitness, Young Leaders, Sports Leaders, Yoga and Swimming. In Seniors, pupils are usually taught in groups according to their preference of the options available each half term. This helps to enable pupils to experience success, enjoyment and challenges in an area they are interested in developing.

Key Stage 5 pupils are offered enrichment activities including golf, trampolining, archery, yoga and walking for leisure. The College curriculum also offers an option of BTEC Sport.

Wherever possible our physical activities are supplemented or enhanced through outside specialists, such as through Chelmsford School Sport Partnership.

Assessment, Recording and Reporting

Teachers assess pupils through observation and discussion and record this information.. Levels are recorded in the CASPA data program and engagement and progress in PE is included in reports to parents.

Monitoring

Teaching and learning of PE is monitored throughout the school through peer observations and reviewing of planning. Evidence is gathered through pupil perception, photographs and video footage. Staff continuing professional development evidence is kept with the PE subject leader.

Physical Activity in the School Day

Each break time pupils are encouraged to use the playground equipment. Lunchtime clubs are open to pupils according to the current timetable. All classes also have weekly Outdoor Learning lessons.

After School Sports & Physical Activity

Games Club runs each week, led by either school staff or outside specialists with support from a member of staff.

Inclusion

PE and Physical Activities are differentiated so that all pupils can be included and reach their full potential. (Refer to Tops Handbook Inclusion Spectrum and STEP process). Our PE and Physical Activity equipment includes a range of inclusive items and games which can be enjoyed by all.

Health and Safety

Staff involved in teaching PE must have knowledge of Code of Practice No. 11 (2002) and/or Generic Risk Assessments for PE in Primary Schools (2009) and the accompanying local risk assessments (completed by subject leader). All staff involved in the delivery or supervision of activities need to sign annually to indicate they are aware of and will adhere to these requirements. We follow the Essex Adults Supporting Learning Policy for adults involved in delivery physical activity within school.