

P.E

The National Curriculum for Physical Education states:

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.

In accordance with the DfE's aims, our objective is to provide high quality coaching to:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

In PE at Crabtree Junior, our aim is to develop young sports people who love the active lifestyle. Children learn through 'doing' through games play, but also through observation and demonstration. We experiment regularly with different teacher and pupil coaching methods, always seeking to get the best from each child but most importantly ensuring that the lessons are fun: we understand that pupils who enjoy 'games' and gymnastic activities in the primary setting are more likely to be motivated to be physically active throughout their school years and into adulthood. We also help children to understand the need to eat healthily.

Our PE lessons require the children to communicate, collaborate and compete with each other and we encourage them to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

In the summer term of Year 3 and the autumn term of Year 4, pupils use the pool at Aldwickbury School receive a total of 20 weeks' swimming training from qualified instructors, with the aim that all pupils should be able to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

We have a secondary trained P.E teacher who is able to extend teaching beyond the regular KS2 curriculum. We also have a P.E. Apprentice who is able to assist in this and give additional support to individuals and groups.

We offer a wide range of extra-curricular sports clubs throughout the year and we participate in all the district sports competitions (e.g. football, tag rugby, netball, kwik cricket, cross country, athletics). We also participate in the School Games Competitions (e.g. speedstacking, indoor athletics, quicksticks, table tennis and basketball).