

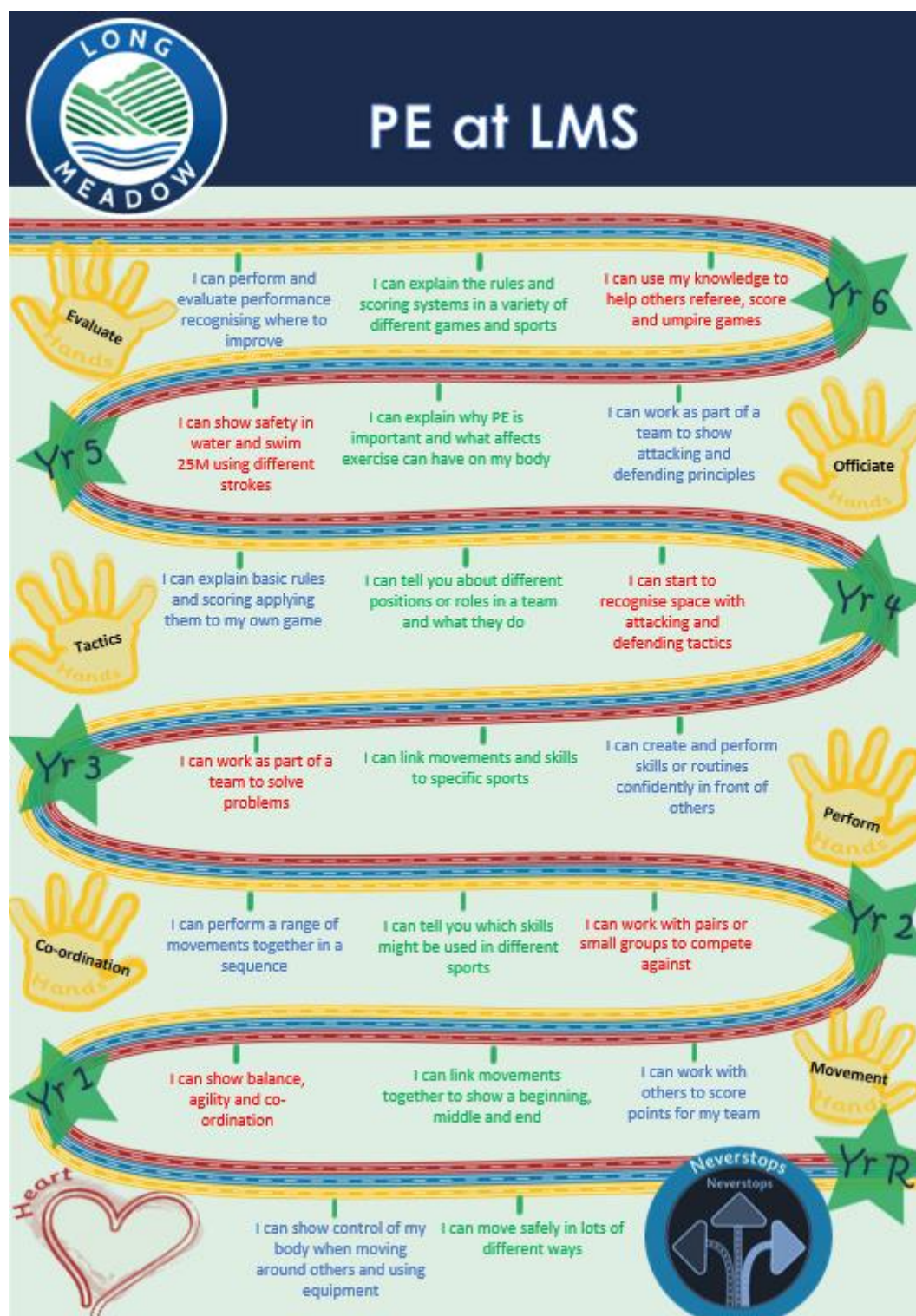


# PE and Sport



## Intent

At Long Meadow School, PE and Sport is an important part of the curriculum. We aim to provide a safe, supportive and inclusive environment for children to participate and achieve their best. All children participate in a wide variety of sports, giving them different opportunities and experiences to find the one they like and can excel in. We want children to develop a love of sport, fitness and health allowing them to understand why it is important to their lives. We aim to develop every child's knowledge, understanding and physical skills giving them the basic needs for a healthy, active lifestyle. Those children that show potential are challenged and are encouraged to progress their skills both in and outside of school. PE & Sport is also used as an opportunity to develop values and lifelong skills in the children through things such as leadership, respect, teamwork, communication and discipline to promote them as a positive role model and individual as they grow older. The subject roadmap shows the learning journey our children experience when attending LMS:





## PE and Sport



### Implementation

- All classes and children have two PE lessons a week, which cover a wide range of activities including; invasion games, net & wall games, striking and fielding, gymnastics, dance, swimming and OAA.
- The long-term planning and curriculum map is in place to set out which sports are taught throughout the whole academic year. This ensures that the requirements of the National Curriculum are met fully.
- All children in the class take part in lessons together, completing tasks with appropriate adaptations for those that require it. This can include working with the support of an LSA, a change of equipment, change of rules or visual guidance to support them and allow them to achieve the learning outcomes.
- We have brought into a subscription with The PE Hub to support the planning and assessment process. This helps to keep consistency across the whole school where teaching is shared.
- Every half term, the children will be taught two different sports with one of these lessons taking place indoors and the other being an outdoor lesson. The Head of Sport teaches each class for one lesson with the class teacher leading the other lesson.
- At the start of each unit of work, the knowledge organiser is shared with the class. These are then displayed in the classroom allowing both children and staff to refer to them at any time they want or need to.
- The subject roadmap is displayed in the classrooms and on the PE & Sport board that is located outside the hall.
- Pupils are encouraged to be active at both break and lunch times. They have access to the play equipment, trim trails, table tennis and the sports cages. PE equipment can be used from the shed on the playground area too.
- Swimming lessons take place during Year 5. Each class goes to the local leisure centre to complete a 12 week block of lessons. This is then repeated during the summer term for any child in Year 6 who is unable to swim the required 25m.
- We take part in a wide variety of competitive sporting events around the local community as well as some during school. These develop the pupil's teamwork, competitive and leadership skills alongside the physical and mental benefits. Our aim is that every child will have had an opportunity to represent LMS in at least one event by the time they leave us in Year 6.
- Through the Sports Partnership, we attend festivals with SEND children with a focus on confidence, self-esteem and enjoyment of sport when not in a pressure and competitive environment.
- We run extra-curricular activities for all year groups that children are encouraged to attend. These are run by school staff and outside providers to allow a variety of sports, skills and opportunities to all children.
- Year 5 classes take part in a health and fitness project called "Joy of Moving" with the MK Dons. This programme runs for 6 weeks and teaches them the importance of health, fitness, diet and hydration through a theory and practical lesson.
- Children in Year 5 & 6 are given the opportunity to become Sports Leaders for the school. They learn leadership skills to become role models for the younger children, assisting with lunch time activities, sports day and other school events.
- The subject is celebrated in assembly every week to highlight achievements from pupils with this being shared on the display board too.
- Sports leaders and head of sport lead assemblies on the subject to develop knowledge and understanding of PE to every child in school.



## **PE and Sport**



### **Impact**

At Long Meadow School, our curriculum is varied and progressive allowing children to build, develop and continually progress the physical skills they are being taught in and outside of school. All children are given opportunities to access a broad curriculum and extra-curricular programme to help them to lead active, healthy lives. We hope that children leave Long Meadow School as a well-rounded individual who can use sport to understand the benefits to their health, fitness and they become confident to take responsibility to maintain this as they grow older. Childrens progress is continually monitored throughout each unit of work. Teachers make notes on individuals throughout the unit with an overall assessment being made at the end of the unit and recorded on our school system (Insight). This can then be used to monitor individuals and whole class progress throughout the year and across their time at LMS. The Head of Sport gathers feedback from pupils every term through a pupil voice survey about the subject. This gives pupils the opportunity to share their feelings and remind them of their learning in the subject. Adaptations can then be made to the curriculum as well as making changes to the extra-curricular activities we offer to ensure that we best suit the needs of our children.