Bisley Blue Coat PESSPA Curriculum Statement

Intent

Bisley Blue Coat Primary School believes that Physical Education, School Sport and Physical Activity (PESSPA), 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 that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe, such as being able to swim, as well as understanding how the body works and why we do the PE lessons we do. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing, both physical and mental, alongside the fitness of all children at Bisley, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We intend to always bring the learning from PE lessons back in to the classroom and use it as an opportunity for cross-curricular learning, such as with active maths and geography lessons.

Implementation

- PE at Bisley Blue Coat Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, striking and fielding games, gymnastics, dance, swimming and outdoor & adventure.
- The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Classes are supported by an external coach from Atlas Sports to develop staff CPD and instil a love of physical activity within their teaching and learning.
- Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities. Lunch time sports clubs are available each day and children can attend after school sport clubs.

- PE lessons make clear links to other subjects, such as maths or geography, during lessons and we always aim to bring the learning back in to the classroom.
- Physiology and why we are doing the activity are addressed within lessons to ensure children have an understanding of how their body works and why they feel tired or fitter.
- Children are assessed after each session using our PE Pal assessment tool, which provides immediate feedback about who is progressing well and who might require more support.
- Children are invited to attend competitive sporting events at both KS1 and KS2 within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- Inter-house competitions are held termly in order to introduce children to competition and the competitive environment.
- Each year a small group of Class 3 children are invited to become Sports Leaders for the school. Trained by Mr Price at Thomas Keble secondary school, they are taught how to coach and lead a variety of different games. They develop into sporting role models for the younger children, assisting with lunch-time clubs, house sport competitions, our annual sports day and many other sporting activities.
- Children participate in workshops covering a variety of sports throughout the year. For example archery, outdoor and adventure (Forest Schools), climbing, bikeability and mountain biking, again providing the children with an opportunity to develop their skills and understanding, improve their fitness and to try something new.
- Children all participate in mindfulness and wellbeing workshops throughout the year, which provides them with the opportunity to use both hemispheres of their brain and cross the centre-line, enabling them to develop their proprioception skills.
- Children in Class 2, as well as children in Class 3 who have not met the standard, swim once a week for 6-8 weeks during the Autumn Term. We repeat a five week course later in the school year for any children that are still unable to swim.

- All classes participate in a Daily 10 fitness challenge, to help meet the government target of all children being active for at least 60 minutes a day.
- Bisley prides itself on its Sporting Heartbeat and constantly seeks to showcase children doing wonderful physical activities both in school and at home; display boards are prominent in class areas to show off the success of our children (and staff!).

Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. Children take their learning from PE lessons in to their everyday approach to life and other lessons and are able to show better focus, team work and leadership skills within the classroom. We equip our children with the necessary skills to succeed and a love for sport and physical activity. In addition to this, we encourage our pupils to make links with sporting clubs and organisations within the Stroud District. We believe that there is sport suitable for everyone and that we all just need to find the one that is best for us. Our children will hopefully grow up to live happy and healthy lives, utilising the skills and knowledge acquired through PESSPA.