



P.E and Health Subject Statement

Subject	P.E and Health <i>'This ability to conquer oneself is no doubt the most precious of all things sports bestow' – Olga Korbut</i>		
Purpose and aims	<p>At Ashmount, we follow the National Curriculum for Physical Education and Health. As set out in the National Curriculum, we teach a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness and opportunities to compete in sport and other activities (through intra and inter school games) and to build character helping to embed values such as fairness and respect.</p> <p>Following the national curriculum and through using the Complete PE scheme, we aim to ensure all pupils:</p> <ul style="list-style-type: none"> • 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. 		
Core values	<p style="text-align: center;"><u>Community</u></p> <p>Children have opportunities to work collaboratively in every PE lesson. Our families and community are encouraged to deliver bespoke workshops and support in attending competitions in and outside of school hours.</p> <p>Experts deliver workshops to support our community in their own understanding of PE. Children work together to compete in tasks or competitions against other year groups and or schools (intra and inter competitions)</p>	<p style="text-align: center;"><u>Responsibility</u></p> <p>The PE curriculum contributes to children's personal development in independence, judgement, evaluation and self-reflection. Children take responsibility for leading group tasks and are asked to reflect on their own progress and others, thinking about how they can improve their skills and knowledge. They are also encouraged to work in groups and take responsibility for both their own part in the group and ensuring everyone is equally included.</p>	<p style="text-align: center;"><u>Growth</u></p> <p>The PE curriculum encourages all children to practise their skills and understand that with regular practice over time they will see an improvement in their ability and knowledge. Children have many occasions to express themselves and try out their ideas within a safe, supportive environment. All children are given an opportunity to attend a lunch time or after school club, they are also given the opportunity to attend try outs to determine teams chosen for school representation in the Islington School Sport and Competition Calendar.</p>



<p>Knowledge and skill progression</p>	<p>At Ashmount we follow the 'Complete P.E' scheme of learning in order to fulfil the requirements of the EYFS framework and National Curriculum.</p> <p>Foundation: Children have a wide range of opportunities to develop their fine and gross motor skills. In P.E. lessons, children take part in activities and games to develop their core strength, stability, balance, co-ordination, special awareness and agility. Children focus on walking, jumping, ball skills with their hands and feet and play games to support understanding. They are introduced to concepts of high, low, over and under and movement during gymnastics. Nursery rhymes are used when children are exploring movements and children develop their own simple sequences.</p> <p>KS1: Children access a broad range of opportunities to extend their agility, balance and co-ordination. They engage in competitive and co-operative physical activities in increasingly challenging situations. They take part in activities and games to develop their running, jumping, ball skills and play games for understanding different principles i.e. that of attacking and defending. They are introduced to wide, narrow and curled movements, develop movements and respond to rhythm. They are introduced to agility and balance and develop team building skills.</p> <p>KS2: Children continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They are taught to communicate, collaborate and compete with each other. In KS2, pupils engage with a range of different sports: basketball, dodgeball, football, handball, hockey, rounders, netball, tag rugby, cricket, tennis and swimming. Overtime, as children become more familiar with the sports, they are able to refine their new skills in areas such as passing, moving, shooting, dribbling and throwing.</p>		
<p>Characteristics of effective learning</p>	<p><u>Engagement</u></p> <p>Children have two P.E sessions per week. One indoor session and one outdoor session. Children are given time to practice and try out new skills before engaging in mini or larger team games.</p> <p>Children are encouraged to attend a range of sporting clubs that are offered throughout the school year.</p>	<p><u>Motivation</u></p> <p>Children are motivated by the activities that teachers plan and the different levels of challenge within lessons.</p> <p>Growth Mindset: Children are willing to continue to refine and practice their skills in order to improve. They are reflective about their own progress.</p>	<p><u>Thinking</u></p> <p>Key vocabulary is shared with the children during P.E lessons. Each half term unit focuses on a particular area or sport and these are revisited throughout the key stage. Children are encouraged to think about their sequences, tactics and physical health.</p>
<p>Communication and vocabulary</p>	<p>During P.E lessons, children are asked to communicate their ideas through speaking and listening. They are taught key vocabulary which is mentioned and discussed in lessons and children are encouraged to use this key vocabulary when giving feedback to each other.</p>		
<p>Cultural capital "the essential knowledge pupils need"</p>	<p>Through our P.E scheme of work, we are ensuring that children are taught the objectives set out in the National Curriculum and that they leave Ashmount with the knowledge and skills to become healthy citizens that want to continue to refine and develop their interest in a range of different sports.</p>		



<p>to become educated citizens”</p> <p>“introducing them to the best that’s been thought and said”</p> <p>“engendering an appreciation of human creativity and achievement”</p>	<p>At Ashmount children are given the opportunity to work with skilled coaches and subject specialists and take part in a range of different sporting competitions and clubs.</p>
<p>Learning experiences</p>	<p>PE lessons are twice a week, one indoor and one outdoor session. Outside agencies support teachers in delivering good and better lessons, we have Arsenal supporting with the delivery of football as well as offering afterschool football clubs, and we have a qualified gymnastics coach who supports during the autumn term for delivery of lessons and a qualified tennis coach who supports during the summer term. The learning that children undertake at Ashmount enables them to participate in a wide range of events and/or competitions from the PEESPA calendar, using the skills and knowledge gained from lessons, children will attend trials in school in order to determine the team/s chosen to represent the school. Children attend swimming lessons in years 4 and 5 those children who have not met the 25m distance in these years will be offered a top up in Year 6. Ashmount offers a wide range of activities/clubs for children to participate in, during the school day and after school. Assemblies cover key issues, staying safe in the playground, friendships and sportsmanship and managing emotions.</p>
<p>High quality resources</p>	<p>Complete P.E scheme</p> <p>LBI support from the: Health Improvement Officer – School Competition and Development Officer – PE Advisor</p> <p>Arsenal supporting and delivering lessons/clubs</p> <p>High quality coaches to deliver and support in dance and gymnastics.</p> <p>PEESPA</p> <p>Two halls, three playgrounds and a MUGA.</p> <p>Equipment for break times.</p> <p>A well-stocked P.E resource cupboard with all essential materials needed for high quality P.E lessons.</p>