

Physical Education at The Mill Academy



Intent

Through Physical Education at The Mill Academy we intend to develop pupils' knowledge, skills and understanding, so that they can perform, with an increasing competence and confidence, in a range of physical activities to help stimulate positive attitudes towards active, healthy lifestyles and well-being. Our whole school approach, in providing a range of opportunities to be physically active and support learning, applies to all children in school, regardless of: age, gender, race, faith and is inclusive to children of all abilities. Our ethos of physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others.

At The Mill Academy, pupils will be provided with the opportunity to develop their personal and social skills by promoting character building, cooperation, team work and self-esteem through physical learning. In providing a broad and balanced curriculum, we believe that every child should have regular access to activities which are designed to be enjoyable, vigorous and purposeful. We believe that through providing positive experiences in physical activity, a lifelong interest is stimulated, encouraging continuation into a healthy adult life for our children. We aim to develop pupil's ability to: excel in a broad range of physical activities; ensure pupils are physically active for sustained periods of time; engage pupils in competitive sports and activities and enable pupils to lead healthy, active lives.

PE at The Mill Academy encompasses both individual and team sports and there is ample opportunity for pupils to access inter-school competitions throughout the year. We also provide opportunities for external experts to deliver sessions with children to promote their sport – these encompass professionals such as: Totally Runnable, Barnsley Football in the Community, Chance to Shine, All-Stars Cricket and Bikeability. Grassroots also arranged inter-trust sports competitions so children could participate in competitive sport.

Implementation

Our children receive a high quality, skill orientated, vocabulary rich PE curriculum, where lessons, which are mapped out in a broad and balanced progressive manner, enable children to develop the necessary motor skills from EYFS, KS1 and complex skills all the way to UKS2. Our personalised progression maps outline the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Our school provides challenging and enjoyable learning through a range of sporting activities including; invasion games, striking and fielding games, gymnastics, dance, swimming and outdoor & adventures. Sports coaches and specialist staff, such as Team Active, are welcomed for wider teaching to ensure the provision is of the highest quality. Teachers and staff engage in regular training to ensure that they are developing their PE knowledge and ability.

Each year group will receive a minimum of 2 hours of PE each week with additional sporting clubs which run after school on most evenings. Teachers and staff also provide additional sporting opportunities on the playgrounds each day through play times and lunch times which helps children to meet the target of being active for at least 60 minutes per day. Swimming is taught in addition to this in Year 4, with that particular year spending a term at the pool in order to achieve the required distance of 25m. Children will have the opportunities to participate in a wealth of competitions through: inter-house competitions within the school; inter-school competition through our Trust partnership and also in the wider community of schools. These events develop teamwork and leadership skills and are very much enjoyed by all our children. Furthermore, through our all inclusive school approach, we endeavour to encourage not only physical development but also mental well-being of our children through an active healthy lifestyle.

Impact

We aim to enthuse and 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 the responsibility for their own health and fitness; acquiring the knowledge, skills and understanding required to make appropriate choices on both their own physical and mental health, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport, where they embrace a healthy attitude to competition, showing respect for all those involved within the sport. Children at The Mill Academy grow up to live happy and healthy lives, utilising the skills and knowledge acquired through PE in preparation for secondary education and adulthood. Children also develop their leadership skills through being a 'playground leader' or 'PE ambassador'

Assessment

The school scheme of work has clearly identified Learning Objectives and Success Criteria which the teacher will assess through continuous observation or through specific assessment activities. Teachers will complete relevant PE Assessments through comparing against the learning objectives and end of year expectations set out for each year group. Teachers are encouraged to use photographs and take videos, along with using coaches' eye to record work, in order to give instant feedback. Progress in PE is reported annually to parents alongside other curriculum subjects.

Equal Opportunities and Inclusion

All PE lessons are mixed gender. All children are encouraged to participate regardless of gender or ethnic background. The school will react positively to gender-typical attitudes and encourage the breaking of them. Our school is committed to the principle that all pupils can access the curriculum to their full potential. Each individual's well-being, needs, education and learning will be met through a broad and balanced curriculum, high expectations and suitable targets, welltrained staff and a sense of belonging. Therefore, whatever their needs, children will have access to suitable physical education. Where possible, activities are differentiated or adapted to ensure full participation for specific pupils

Strategies to support children with SEN

At The Mill Academy, in PE, we use a number of evidence-based strategies to support children with SEN.

Strategies include:

Scaffolding

- Support for SEN children with learning vocabulary; this may include flash cards.
- Games/songs to support vocabulary learning.
- Vocabulary on display whilst completing the practical.
- Support in writing sentences eg, missing words rather than writing the whole sentence.

All scaffolding follows a 'I do, you do, we do' approach.

Explicit Instruction

- Pupils may be supported in their thought process in PE, especially through aspects such as 'Acting as the coach' where children support each other with coaching points.
- Pupils will be given specific opportunities by adults to practise specific skills that are barriers to learning.
- Visual aids and concrete examples (where necessary) will be used to support learning, this through equipment and resources.

Cognitive and Metacognitive Strategies

- Tasks may be 'chunked' into smaller steps.
- Vocabulary prompts may be used to support with explanation work.
- Depending on ability, children with SEN may be asked to evaluate their own progress and discuss what they can do to move their learning forward. They will also complete peer work to assist each other with explaining their performance and progress.

Flexible Grouping/Fading

- Temporary groups may be established to support learning a particular concept.
- New vocabulary or prior learning recapped in class or within the area to support with applying this to explaining core skills and tactics.
- Mixed groups so that children who are of higher ability can support children of lower ability. Also children to challenge each other.

Use of technology

- Tasks set may include useful apps/websites to move learning forward.
- Speech generating apps may be used for recording, such as using coaches eye to film positions and movements and voice over to explain the teaching points.

Books about sport

Whether you prefer football or cycling, ballet or basketball, there's something for everyone on our list of sporting books

<https://www.booktrust.org.uk/booklists/s/sport-childrens/>

<https://www.booksfortopics.com/booklists/topics/arts-sport/>

These are just some of the sports clubs on offer to children in our local area.

