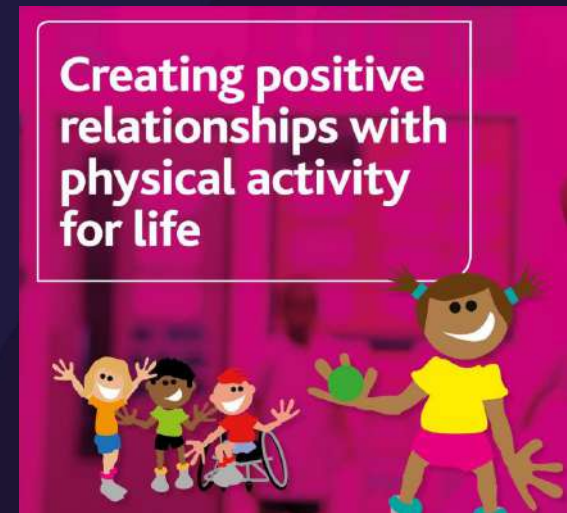




Physical Education (P.E) Portfolio

FITNESS
ISN'T ABOUT
BEING BETTER
THAN *anyone* ELSE.
IT'S ABOUT BEING
BETTER
THAN WHAT
I USED TO BE.

Thriving
not just
surviving



This document is a work in progress and currently being developed further.



Curriculum overview:

Intent:



Learning behaviours

Fundamental movement skills

Agility Balance Coordination

Real P.E



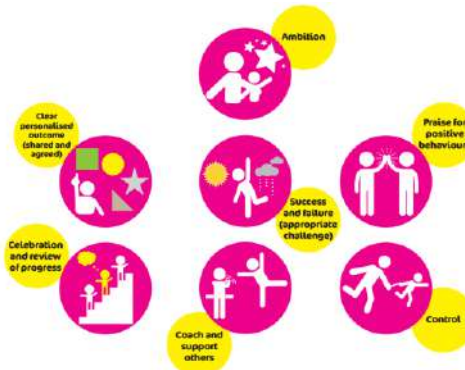
Real Gym



Real Dance



Implementation:



Impact:





Curriculum overview:

Intent:

At The Mease Spencer Academy, we have recently adopted Real P.E. Real P.E is much more than a scheme of work, it is an approach, a philosophy and a way of thinking. At the heart is the belief that P.E is much more than a curriculum subject, it is about how we enrich children with skills, knowledge and positive learning behaviours that will equip and empower them to want to be physically active beyond the classroom and for the rest of their lives.

The development of the 'whole child' is important to us at The Mease and we want P.E to be a fantastic experience for every child. Real P.E is a child centred and holistic approach, inclusive and engaging to all children regardless of ability. Through this approach, children develop health, fitness and physical movement skills, as well as achieving more holistic whole child objectives in the areas of; personal, social, cognitive and creative development. This approach ensures that every child is valued and can be successful in P.E.

Personal- To encourage children to take responsibility for their own learning plan and act upon critical feedback to make positive changes.

Social- To encourage children to involve others and motivate those around them to perform better.

Applying Physical- To effectively transfer skills and movements across a range of activities, sports, challenges and competitive situations.

Cognitive- to be able to review, analyse and evaluate their own strengths and weakness and to react to different game situations as they develop.

Creative: To anticipate and disguise a variety of actions/ techniques to apply to a game situation to engage the audience.

Health and Fitness- To gain an understanding of their own level of health and fitness in their activity, role and event.

Our vision is for children to develop confidence and a lifelong positive relationship with physical activity, movement (and sport?), equipping them with transferable skills that can be applied to a range of activities, challenges and competitive situations in everyday life.

Implementation:

Children are taught the 'Fundamental Movement Skills' of Balance, Agility and Coordination through two, one hour long sessions of either Real P.E, Real Dance or Real Gym each week, with the focus on progression of stage rather than age. Children will also focus on a new 'learning behaviour' each half term to focus on their holistic development.

-All staff have received Real P.E training on how to deliver successful P.E lessons

-Children have the opportunity to take part in extra-curricular activities such as gymnastics, dance, soccerstars, girls football and multisports and demonstrate their new skills in intra and inter sports competitions

-All children take part in the whole school sports day

-Sporting/dance competitions

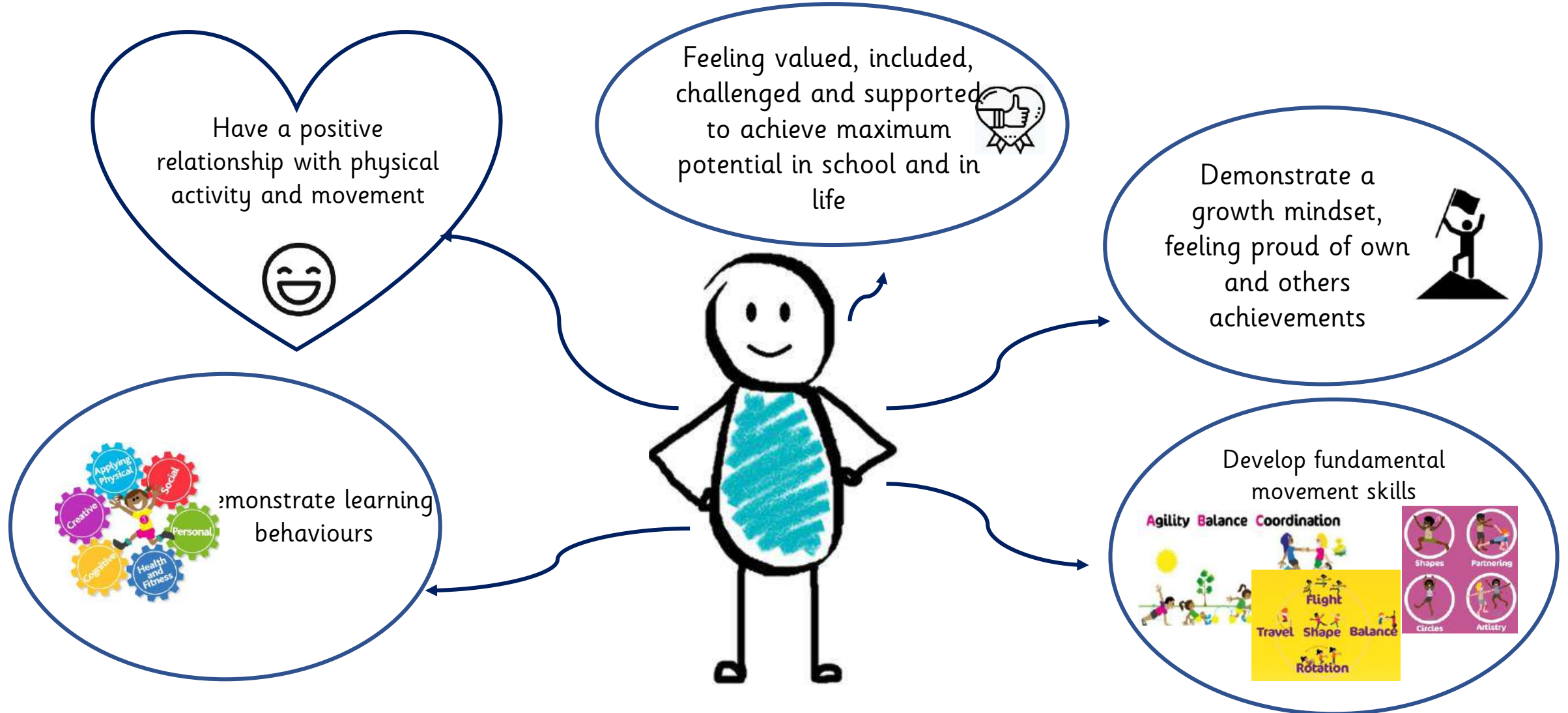
Impact:

Children have good 'Fundamental Movement Skills', enabling them to access other sports. All children have the opportunity to participate in sports festivals. Children have a good understanding of Physical Literacy and excellent learning behaviours.





What a successful P.E student looks like:





SMSC & Global citizenship:

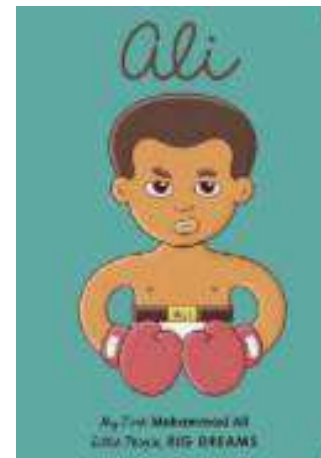
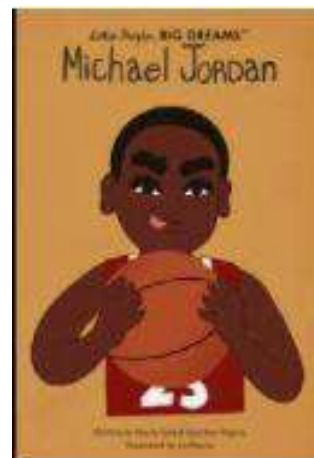
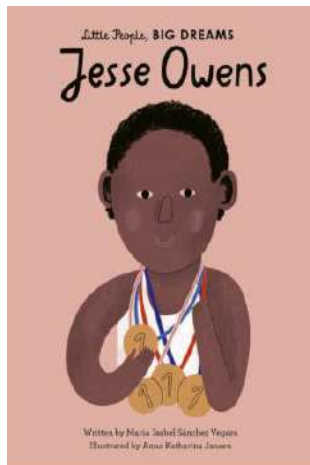
Our aim is to inspire all our pupils to love learning and to be socially and morally responsible citizens of the world. Our purpose is to nurture the growth of the whole child- academically, socially and emotionally. Good relationships are at the heart of our school- our ethos is warm, supportive and family friendly. Our school GROW values are embedded in our school SMSC education through PSHE lessons, assemblies and teachable moments that occur in the everyday life of school. We define SMSC as:

	<u>Spiritual development</u>	<u>Moral development:</u>	<u>Social development:</u>	<u>Cultural development</u>
Definition	Explore beliefs and experiences; respect values; discover oneself and the surrounding world; use imagination and creativity; reflect meaningfully on their own actions and the actions of others.	Recognise right and wrong; understand consequences; investigate moral and ethical issues, offer reasoned views.	Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.	Appreciate cultural influences; participate in culture opportunities; understand, accept, respect and celebrate diversity.
Examples of SMSC in PE	-Our Personal cog teaches children to be aware of their own areas of strengths and improvement. Having a growth mindset of keep trying and knowing where their next steps are trying to improve own skills and embrace challenge -Our Health and Fitness cog allows the children to gain an understanding of how to maintain a healthy lifestyle including the changes that happen to our body before and after exercise and how exercise contributes towards a healthy lifestyle -Meditation, yoga & mindfulness help children gain awareness of themselves -Forest school allows children to explore and appreciate nature and the world around us	-Our Cognitive cog teaches children to make good decisions by following and understanding rules, reacting appropriately to different game situations as they develop -School rules (Ready, Respectful, Safe) & positive behavior policy is consistent throughout PE lessons.	-Our Cognitive cog encourages children to review, analyse and evaluate own and others strengths and weaknesses -Our Social cog teaches children how to work well with others give sensitive feedback and to lead others -Competitions e.g sports day, inter and intra sports competitions, -Turn taking, following game rules and acting upon constructive feedback enables children to work well with others as part of a team	-Our Social cog teaches children how to positively support their peers by offering praise and encouragement, -Our Creative cog encourages children to celebrate, embrace and respectfully recognise similarities and differences between ourselves and others. -Celebrate different sports people from around the world in our Little People Big Dreams assemblies -Take part in fund raising activities such as Children in Need and Comic Relief -We provide enrichment experiences such as Diwali dance workshop and extra curricula activities



Equality and Diversity (including BV):

Pupils across the school are exposed to a wide range of athletes and different sports from around the world, cultures and from different time periods. Children will get to know some athlete names during our Little People, BIG DREAMS assemblies and will be encouraged to identify their influences in sport including their cultural and social identities as well as linking their successes to our REFLECT values. We encourage the children to consider how this links to their own cultures and communities and enjoy sharing artefacts and objects they bring from home. We tailor the P.E curriculum to meet the individual needs of children. Ensuring that children access PE and sports from a range of countries around the world and aim to instill knowledge, appreciation and curiosity through a hands on approach.





Supporting children with SEND

- Planning to support individual needs
- Stage not age curriculum children progress up through the skills ladder at their own pace.
- Real PE inclusion cards/ visual photo prompt cards
- Teacher/ TA/ peer support
- Partner and group work
- Using different/ specialist equipment to support individual needs
- Using computing to support learning
- Clearly labelled resources
- Tactile display to support development and identify clear next steps





Examples of our REFLECT values across our PE curriculum

Early years

E Achieving together by supporting and encouraging each other and aiming really high



R Being brave, taking risks, trying new things and showing resilience



C Developing effective communication and social skills



L Developing lifelong skills

E Having a positive relationship with physical activity





Examples of our REFLECT values across our PE curriculum

KS1



Showing enjoyment in physical activity, knowing why it is important for good health



Sharing resources, taking turns, listening and communicating effectively



Help, praise and encourage others



Practice skills safely, trying several times and developing confidence



Having belief, trust and self confidence in ourselves, and in others





Examples of our PE curriculum

KS2



Dancing, balancing
and learning
footwork skills.



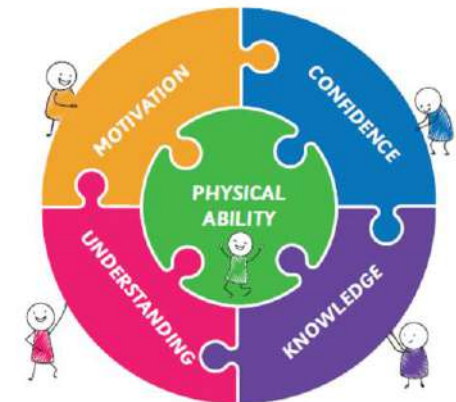


Examples of Physical Literacy in our P.E curriculum

Our '[Applying Physical cog](#)' help us to develop transferable skills and movements that I can apply in a number of different contexts including more complex challenging situations in everyday life.



To be active for life we need ...



It's called Physical Literacy.



What do pupils say?

E

T, Reception - "I like P.E because we get to do fun things like hopping"

L, Year 3 – " I like balancing on the rope. I have to put my arms out and keep my chin up and look forward as it helps me to do better balancing"

J, Year 2 "Exercise is important for our bodies and I know that water keeps us hydrated"

L

E

A, Year 3 – "Everyday we challenge ourselves at harder skills like lunging and really bending down low to the floor with control"

D, Year 1 - "I like learning new shapes in Gymnastics like star, tuck and straddle"

I, Year 1 - In our Gymnastics lesson yesterday I learnt how to do the snake move, I can show you on the carpet if you like!

R

E

F, Year 2 – "I enjoy playing the warm up games because they are really fun"

F

C

N, Year 3 – "The personal cog is where you work by yourself on things and you also take it in turns and share with others."



How could I support my child at home?

If you would like to support your child at home with their Physical Education, please see the guidance for home learning for families.

Please visit the following link, and enter your child's individual login details to access Real P.E at home:

real.jasmineactive.com/login



Useful websites and Apps:

