

PE AT OAKRIDGE SCHOOL



THE VISION FOR PE



At Oakridge School, our vision for Physical Education (PE) is for all children to gain high quality but yet enjoyable PE lessons. Our aim through the use of PE, is to create an environment where children feel enjoyment, involved, challenged and engaged. We essentially want children to gain a sense of excitement when taking part in PE and sport.

We hope that overtime, and with the help of all the opportunities we offer, that children will develop a passion for sport which will continue during their times in secondary school and into adult life.

THE VISION FOR PE



We link our PE lessons with our school values

- Perseverance- every child to try their best at whatever activity/sport that they are participating in
- Integrity- by always doing the right thing (in a PE context, following rules and playing fairly)
- Respect- that everyone, no matter their ability, is being treated fairly
- Kindness- by being helpful and supporting fellow class members in lessons.

The element of competition and representing your school is prevalent when playing other schools in fixtures or taking part in competitions from external sources. Year 6 boys and girls take part in cup, league and friendly fixtures in Football. Year 5 boys and girls take part in cup and friendly fixtures. Selected children from Year 1-4 take part in tournaments against other schools. The aim of the school is to continue to grow our fixture list with more Year groups and to introduce a girl's netball team in Year 5 & 6. The school provide After School Sport Clubs throughout the whole year that are led by both staff in school and external sources. Lastly, one of the highlights of the school calendar is Sports Day where all children from Nursery to Year 6 take part in a variety of activities or Athletic events.

PE INTENT



At Oakridge School, our intent with Physical Education (PE) is to build an engaging and enjoyable curriculum. It will provide the children the opportunity to develop their understanding and skills in a broad range of physical activities, which falls in line with the National Curriculum.

The scheme that we use for PE is called 'GetSet4PE'. The scheme provides children with the opportunity year on year to improve their knowledge which in turn will improve their skill set. The curriculum is designed for all abilities, genders, and physical capabilities

HOW WE TEACH PE



PE lessons will use a variety of teaching and learning strategies. Teaching strategies will be a mixture of teacher led, demonstrations, individual and group activities, allowing children to explore/experiment and at times teachers intervening when it is necessary to do so. Lessons follow a similar pattern that will consist of a warm up, Introduction, main activities and a discussion at the end.

When appropriate, children will be given the opportunity to work with and compete with each other in a variety of sports. When the element of competition is included, teams will be made carefully to not only make it fair, but to encourage children to work out new strategies, which will increase their levels of knowledge and understanding.

P.E OVERVIEW



	Nursery & Reception
Autumn 1	Introduction to PE
Autumn 2	Fundamentals
Spring 1	Gymnastics
Spring 2	Dance
Summer 1	Ball Skills
Summer 2	Games and Athletics

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Ball Skills & Team Building	Ball Skills & Team Building	Netball & Hockey	Netball & Hockey	Tag Rugby & Handball	Tag Rugby & Handball
Autumn 2	Sending/Receiving & Fundamentals	Sending/Receiving & Fundamentals	Tag Rugby & Handball	Tag Rugby & Handball	Netball & Hockey	Netball & Hockey
Spring 1	Target Games & Dance	Target Games & Dance	Gymnastics & Fundamentals	Gymnastics & Indoor Team Games	Dance & Fitness	Dance & Fitness
Spring 2	Net/Wall Games & Gymnastics	Net/Wall & Gymnastics	Dance and Basketball	Basketball & Dance	Gymnastics & Basketball	Gymnastics & Basketball
Summer 1	Striking & Fielding & Tennis	Striking & Fielding & Tennis	Rounders & Tennis	Cricket & Athletics	Rounders & Athletics	Tennis, Cricket & Swimming
Summer 2	Invasion Games & Athletics	Invasion Games & Athletics	Cricket & Athletics	Rounders & Tennis	Cricket & Tennis	Rounders, Swimming & Athletics

HOW WE MEASURE PROGRESS IN PE



- An example of how we measure progress can be seen below:

 Skills	Athletics Progression Ladder	Knowledge 
Running: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. Jumping: develop power, control and technique in the triple jump. Throwing: develop power, control and technique when throwing discus and shot put.	Year 6	Running: understand that I need to prepare my body for running and know the muscle groups I will need to use. Jumping: understand that a run up builds speed and power and enables me to jump further. Throwing: understand that I need to prepare my body for throwing and know the muscle groups I will need to use. Rules: understand and apply rules in events that pose an increased risk.
Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. Jumping: explore technique and rhythm in the triple jump. Throwing: Develop technique and power in javelin and shot put.	Year 5	Running: understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances. Jumping: know that if I drive my knees high and fast I can build power and therefore distance in my jumps. Throwing: know how to transfer my weight in different throws to increase the distance. Rules: understand and apply rules in a variety of events using official equipment.
Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. Jumping: develop technique when jumping for distance. Throwing: explore power and technique when throwing for distance in a pull and heave throw.	Year 4	Running: understand that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. Jumping: understand that transferring weight will help me to jump further. Throwing: understand that transferring weight will help me to throw further. Rules: know and understand the rules to be able to manage our own events.
Running: develop the sprinting technique and apply it to relay events. Jumping: develop technique when jumping for distance in a range of approaches and take off positions. Throwing: explore the technique for a pull throw.	Year 3	Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. Jumping: know that if I jump and land quickly it will help me to jump further. Throwing: understand that the speed of the movement helps to create power. Rules: know the rules of the event and begin to apply them.
Running: develop the sprinting action. Jumping: develop jumping, hopping and skipping actions. Throwing: develop overarm throwing for distance.	Year 2	Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. Jumping: know that swinging my arms forwards will help me to jump further. Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object. Rules: know how to follow simple rules when working with others.
Running: explore running at different speeds. Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. Throwing: explore throwing for distance and accuracy.	Year 1	Running: understand that if I swing my arms, it will help me to run faster. Jumping: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees, it will help me to jump further. Throwing: know that stepping forward with my opposite foot to hand will help me to throw further. Rules: know that rules help us to play fairly.
Running: explore running and stopping safely. Jumping: explore jumping and hopping safely. Throwing: explore throwing to a target.	EYFS	Running: know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe. Jumping: know that bending my knees will help me to land safely. Throwing: understand that bigger targets are easier to hit. Rules: know that rules help us to stay safe.
Games Unit 1 & 2 Fundamentals Unit 1 & 2 Ball Skills Unit 1 & 2		© Copyright Get Set 4 Education Ltd.