

Ashley Junior School

Physical Education Programme of Study

Intent

- We aim to deliver a high quality physical education programme that inspires all pupils to succeed and excel.
- We aim to provide opportunities for pupils to become physically confident that will lead to healthy and active lives.
- We will provide opportunities to engage in competitive and sporting activities.
- We will promote physical activity as a vehicle to enhance social life and to embed our core values of aspiration, resilience, respect and responsibility.

Implementation

- We utilise the Jasmine Real P.E. programme to ensure a whole school, systematic and sequenced learning experience that covers the national curriculum over the 4 years that children are with us.
- We expect 2 hours of physical education per week.
- The Jasmine Real P.E. scheme works on 6 key abilities:
 - **Creative** – *compare and develop, respond to changes, contrasting and expressing yourself, variety and disguise to challenge an opponent*
 - **Physical** – *perform a range of skills with control, link movements and actions, combine movements with accuracy, apply skills and movements with accuracy*
 - **Cognitive** – *order instructions, movements and skills, explain simple tactics, use awareness of space and others to make good decisions, develop methods to outwit opponents, review, analyse and evaluate my own and others' strengths*
 - **Social** – *help and encourage others, show patience and support others, cooperate and organise, give and receive feedback, involve and motivate others*
 - **Personal** – *resilience, challenge yourself, consistently try to improve, embrace challenge, take responsibility for my learning*
 - **Health and fitness** – *practise safely, explain the changes in the body, explain how to exercise, prepare myself for activity, plan my own fitness*
 - The scheme provides modelled exemplar, step-by-step progression with differentiated challenges and assessment tools that encourage children to achieve their personal best.
- The philosophy is to develop skills that can then be applied to games. These games may be adapted to ensure access for all and to promote the particular skill children are working on.
- Children are taught to self and peer evaluate and to develop coaching skills to support improvement.

- Alongside curriculum P.E. we have other opportunities designed to encourage participation and develop excellence:
 - Our 'Fit for Learning' awards reward those children who participate fully in lessons and participate in extra-curricular sport both in and out of school. The awards go from level 1-3 before children can become 'Sports Ambassadors'. This enables them to lead lunchtime sessions for other children and support and represent the school at events.
 - Our extra-curricular clubs provide a range of activities and experiences. These have included:
 - Football
 - Cricket
 - TAG Rugby
 - Rounders
 - Tennis
 - Table Tennis
 - Badminton
 - Cross Country
 - Netball
 - Gymnastics
 - Basketball
 - Athletics
 - Karate
 - Forest Schools
- We are members of the New Forest Schools Sport Partnership (NFSSP) who organise a range of tournaments and festivals in which we participate.
- We hold a number of intra mural sporting activities:
 - The Fun Run – all children in all year groups participate in a route of approximately 1.5km with prizes for effort and winning.
 - Activity Sports Day – a carousel of skill-based activities where children compete in teams
 - Traditional Sports Day – children select from a range of events and compete for their House Teams
- Our pupil Sports Ambassadors and Play Leaders lead sessions of active play for younger children at lunchtimes.
- There is a range of equipment available at play times to encourage active play – skipping ropes, stilts, balancing boards, throwing and catching games etc.
- We are currently, as part of a landscape project, developing the school site to include a Forest School area, trim trail and all-weather sports area. The pupils are involved in choosing the equipment.

Impact

- Pupils will be able to apply and develop a broad range of skills using them in different ways to make actions and sequences of movement.
- Pupils will demonstrate an understanding of how to improve in different physical activities and how to evaluate and recognise their own success.

- Pupils will develop skills of communicating, collaborating and competing with each other.
- Pupils will consider physical activity to be a fun and enjoyable experience and be challenged both individually and within a team.
- Pupils will be able to swim competently over a distance of at least 25 metres.
- Pupils will develop leadership skills.

Milestones

Key Ability	By Year 4	By Year 6
Cognitive	Describe how to improve: <ul style="list-style-type: none"> • <i>Understand ways to judge performance</i> • <i>Identify parts to work upon</i> • <i>Awareness of space and others to make good decisions</i> 	Analyse performance: <ul style="list-style-type: none"> • <i>Review, analyse and evaluate own and others' strengths and weaknesses</i> • <i>Read and react to different game situations as they develop</i>
Physical	Link with quality: <ul style="list-style-type: none"> • <i>Perform a variety of movements and skills with good body tension</i> • <i>Link actions together so that they flow in running, jumping and throwing activities</i> 	Apply with consistency: <ul style="list-style-type: none"> • <i>Effectively transfer skills and movements across a range of activities and sports</i> • <i>Perform a variety of skills consistently and effectively in challenging or competitive situations</i>
Social	Help others: <ul style="list-style-type: none"> • <i>Cooperate well with others and give helpful feedback</i> • <i>Organise and guide a small group through a task</i> 	Lead others: <ul style="list-style-type: none"> • <i>Involve others and motivate the team to perform better</i> • <i>Give and receive sensitive feedback to improve self and others</i>
Personal	Consistently try to improve: <ul style="list-style-type: none"> • <i>React positively when things become difficult</i> 	Take responsibility for learning: <ul style="list-style-type: none"> • <i>Create and revise own learning plan</i>

	<ul style="list-style-type: none"> • <i>Persevere with a task and improve performance</i> 	<ul style="list-style-type: none"> • <i>Accept critical feedback and make changes</i>
Health & Fitness	<p>Explain how to exercise:</p> <ul style="list-style-type: none"> • <i>Describe the basic fitness components and explain how to exercise to stay healthy</i> • <i>Record and monitor how hard they are working</i> 	<p>Plan my own fitness:</p> <ul style="list-style-type: none"> • <i>Explain how individuals need different types and levels of fitness</i> • <i>Plan and follow own basic fitness programme</i>
Creative	<p>Refine and change:</p> <ul style="list-style-type: none"> • <i>Link actions and develop sequences of movements that express own ideas</i> • <i>Change tactics, rules or tasks to make activities more challenging and fun</i> 	<p>Variety and disguise:</p> <ul style="list-style-type: none"> • <i>Effectively disguise what you'll do next</i> • <i>Use variety and creativity to engage an audience</i> • <i>Respond imaginatively to different situations</i>

Connectivity with Reading, Writing and Maths

The Learning Nutrients document supports abilities and learning attitudes that are relevant in all curriculum areas.