

MANCHESTER COMMUNICATION PRIMARY ACADEMY

# INTENT AND SEQUENCING

PE Page Profile

Curriculum



# PE AT MCPA

## Intent

At MCPA, we strive to create a culture which aims to inspire an active generation to enjoy and achieve in PE. We provide a safe and supportive environment for children to engage and succeed in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development and overall good health.

At MCPA we deliver a dynamic, varied and stimulating program of activity to ensure that all children progress physically through an inspirational, high quality and fully inclusive PE curriculum. Our ambitious after school club offer includes physical activities from Reception to Year 6 and additional competitive sports clubs.

We encourage all children to develop their understanding of the way in which they can use their body to maintain a healthy lifestyle, enjoy being physically active, and increase their self-esteem. We aspire for children to adopt a positive mind-set and believe that anything can be achieved with the right attitude, behaviour (sporting disciplines), courage, determination, effort, friendship (support from peers and teachers) and grit. These are our school community qualities which we endeavour to achieve through PE. Children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. Thus embedding life-long values such as co-operation, collaboration and equity of play.

We provide opportunities for children to learn how to stay safe such as being able to swim. Swimming lessons support our children to become confident in the water, as well as knowing how to keep safe.

Our PE Curriculum, along with PSHE and science, teaches children about the importance of healthy living and learning about the need for good nutrition to improve wellbeing and fitness. In developing this necessary knowledge and skills, it will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being.

Pupils will:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

## Implementation

At MCPA, our PE curriculum starting from Nursery (supported by the 'Get Set 4 PE' Scheme) is varied and long-term plans ensure that we meet the minimum requirements of the National Curriculum. All pupils receive at least one hour of high quality PE using the vast outside space or school hall. The weekly PE lessons are delivered by Teachers with PE specialisms. In addition to their PE lesson, Year 4 have a weekly swimming lesson, and Nursery, Reception and our SEND nest provision have an additional session run by City 'In the Community' Football coaches.

Our PE curriculum is sequenced precisely to ensure progression of knowledge and skills throughout a child's primary education, thus enabling children to build upon prior experiences and apply these fluently, with confidence. Lessons are also adapted to meet the needs of specific children in the class. Children also have the opportunity to further these skills at after school sports clubs which enable children to compete in competitions and tournaments in the local area. Although we enjoy the competitive nature of sport, we also appreciate and encourage the importance of children 'having a go' and promote positive experiences of being physically active and not always participate to win. We have an inclusive approach and value the importance of physical and mental well-being.

Children take part in a range of invasion, striking & fielding or net & wall games, we promote imagination, creativity, strength and flexibility in gymnastics, dance and yoga as well as provide opportunities for athletics using both indoor and outdoor environments plus outdoor adventurous activities (OAA) in which children learn lifelong skills such as problem solving, leadership and working collaboratively. Pupils are encouraged to take part in after school clubs and have the opportunity to compete against other schools.

We value the importance of offering extra-curricular physical clubs which are very popular and offer a wide variety of sports, including: Gymnastics, Girls and Boys Football, Netball, basketball, dance and Yoga.

At MCPA we recognise the importance of being physically active throughout the school day, we use a travel tracker as a 'let's walk to school' incentive, children relieving badges when they walk to school. Throughout the day classes have the option to log onto 'Go Noodle' or 'Cosmic Yoga' and increase levels of activity. We also promote physical activity during our Community Challenge Days, Health and Wellbeing Day, annual Sports Day and in music and movement sessions in Nursery.

Playtimes are an important part of our pupils being active, happy, healthy and ready to learn. We have well-staffed and equipped playgrounds to promote physical activity, and three adventure playgrounds/trim trails for the EYFS, KS1 & KS2 which were designed to provide opportunities for children to develop and improve fundamental skills such as strength, balance, coordination and agility. Early Years have access to Physical Activity during continuous provision which includes the use of trikes, balance bikes, scooters and climbing and balancing equipment.

We have Sports Leaders from our neighbouring High School at MCA to come over and organise lunch time games and activities and share their leadership and communication skills.

We teach lessons so that children:

- Enjoy and experience success in sport
- Participate in P.E at their own level of development, being supported and shall secure and build on a range of skills, including working collaboratively
- Develop good sporting attitudes
- Understand basic rules
- Experience positive competition
- Learn in a safe environment
- Have a foundation for lifelong physical activity, leaving primary school as physically active.

## Impact

To fulfil our vision by inspiring all children to enjoy, participate, and achieve supported by positive pupil voice. At MCPA we motivate children to participate in a variety of sports which are engaging and fun both in school and externally (where possible). We inspire children to instinctively utilise skills and knowledge acquired during PE lessons, encouraging them to take responsibility for their own health and fitness thus developing a love of sport leading to a happy and healthy life demonstrated in their physical and mental wellbeing.

## Research

- Rosheshine's Principles
- Role Modeling: The Forgotten Part of Elementary School Physical Education - Journal of Higher Education Theory and Practice vol. 14(5) 2014
- Sage Journals: Modeling in Learning Two Volleyball Skills (2002) Eleni Zetou, George Tzetzis, Nikos Vernadakis, Efthimis Kioumourtzoglou

Our lessons involve the teachers being a role model alongside giving instructional cues, both of which research suggests are important. "Teachers who take pride in being physically active and demonstrate motor skills during physical education lessons can influence school children positively. There is a huge importance of "teacher as a role model" in physical education."

**Science Daily - Norwegian University of Science and Technology (NTNU) and NTNU Social Research - "Being active and getting sweaty offer more than just physical health benefits. They also protect against depression."**

**Use of Classroom Routines to Support the Learning Process - (Burden, 2003; Cheney, 1989; Colvin & Lazar, 1995; Kosier, 1998; Newsom, 2001; Savage, 1999; Strain & Sainato, 1987; Vaughn, Bos, & Schumm, 2000).**

**EEF - Improving behaviour in schools - Teach learning behaviours alongside managing misbehaviour**

Our lessons are structured, from the time the children are in their classrooms to the end of the PE lesson. Children have routines which they follow each week in order to make lessons run smoothly and no learning time wasted. Our community qualities are referenced throughout lessons and children experience these, taking responsibility for themselves and allowing time for reflection.

Implementing Cooperative Learning in Elementary Physical Education by Ben Dyson and Allison Rubin (2013)  
With cooperative learning, students can improve motor skills, develop social skills, work together as a team, help others improve skills, take responsibility for their own learning, learn to give and receive feedback, and develop responsibility (Dyson 2001)