



**‘Be the light...’**

*let your light shine before others, so that they may see your good works and give glory to your Father in heaven.*  
(Matt. 5:14-16)

We are a church school where education is nourished through the teachings of Jesus Christ, enabling each child to fulfil their potential and which reflects our commitment to academic excellence.

## **Physical Education**

### **Intent:**

At Norley CE Primary School, our PE curriculum is designed to give pupils the opportunity to access a high-quality education which inspires them to succeed and excel in both competitive sports and other physically demanding activities. We aim to provide children with opportunities to become physically confident and manage themselves successfully in a variety of situations. We believe that it is important to cater to the needs of individual pupils by providing a balance of individual, team, co-operative and competitive activities that suit the needs and abilities of our children. In addition to providing high quality teaching of physical development, it is also our intent to help pupils build character and develop a sense of key values including fair play, respect and sportsmanship. At Norley, we aim to develop our children’s understanding of the importance of leading healthy, active lives. We want our children to understand the benefits that leading a healthy, active lifestyle has for our mental health and wellbeing. We strive for our children to be the best that they can be.

### **Extra-curricular**

Offers maximum opportunity to children of all dispositions to enjoy clubs and initiatives outside of school hours. This allows pupils to develop themselves as a whole person, build a sound knowledge of basic skills and build a positive relationship with physical health.

### **Competition**

Gives children an opportunity to develop a better sense of competition- either competing against themselves, others in a recognised environment (eg: PE lessons) or against an unrecognised opponent. Increased exposure to competition will allow pupils to better develop their relationship with physical health and its ability to build traits such as cooperation, passion, pride, competitiveness, self-belief, respect, honest, determination and teamwork.

**Implementation:**

Children are provided with 1 hour EYFS or 2 hours (KS1/KS2) of timetabled lessons each week, allowing pupils to develop themselves as a whole person, build a sound knowledge of basic skills, develop the values of PE in our school and build a positive relationship with physical health. We use the Get Set 4 PE scheme to deliver high quality PE lessons to our children.



At Norley, children are taught by their class teacher. Our hall and outdoor space is timetabled in order to give each class an opportunity to access PE lessons. We will make links to the School Games Values where appropriate in order to enhance children's understanding of the values associated to physical health and sport. We have long term plans to support the planning of sessions and to view the overall journey for children in PE throughout the year.

Children are also provided with opportunities to work with outside agencies to develop their sporting abilities and engagement within the subject. We believe that it is important for our children to be provided with opportunities by specialist providers to ensure they receive the best possible PE education at Norley.

**Extra-curricular**

After school sports clubs are run by Sports Coaches. They give children opportunities to develop their physical fitness as well as broaden their understanding of the theory around keeping fit and healthy. Clubs can vary, depending on the interests of our children.

We encourage our children to be physically active for at least 15 minutes each day. During their active minutes time, children may complete the Daily Mile or a workout/physical activity using the track or the gym equipment on the field. This is an initiative to engage all children in extra-curricular sporting activities, increase their levels of fitness, help to reduce obesity levels and help children to develop greater resilience and determination.

### **Competition**

Children are exposed to competitions during PE lessons through structured games and activities that cement their learning. KS2 children will also be provided with the opportunity to represent their class during intra-school competitions. KS1 and KS2 can also represent the school through inter-school competitions where they come off site to compete against other schools and children. We are part of the Ellesmere Port School Games Partnership and access their competition calendar. Together, our teachers and PE Coordinator timetable a list of events to attend throughout the year.

### **Impact:**

Within each PE lesson, children are assessed against the National Curriculum objectives and skills that are being taught in that session. We follow the scheme 'Get Set 4 PE' throughout the school. Evidence of children's learning is recorded through photographs and notes. At the end of each topic, assessments are completed so that we are aware of where the children are at with their learning. These are then shared with Class Teachers and discussions take place to discuss ways to support those who are not performing to the expected standard for their year group. We intend for pupils to have an increased understanding of our objectives and feel that they have made progress in those areas. Through Pupil Questionnaires at different points of the year, we are able to see the impact that PE lessons are having on our children as well as developing a set of next steps to know how to develop teaching.

### **Extra-Curricular**

Clubs are usually run by highly skilled professionals who use their own internal assessment and monitoring to ensure high quality provision is provided for all. After-school sports clubs are monitored in order to make sure that we are offering the best clubs that are being enjoyed by the children. We will listen to pupils and teacher feedback about clubs throughout the year and ensure that we use this feedback to provide the most suitable clubs for our children.

### **Competition**

The impact from participation in competitions will be measured by listening to pupil and teacher feedback about pupil's attitudes to competition throughout the year. We will also look at the results of the competitions that we attend and look to improve our results (both scores and relationships with events) throughout the year.

### **School Games Mark**

We are delighted to say that we have been the Platinum school games mark until 2023.



## Long Term Planning

## Long Term Planning

## SUBJECT PE

Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1-Reception	Introduction to PE	Dance	Gymnastics	Fundamentals in PE	Ball Skills	Games
Class 2 Yr 1/2	<u>Tree Dance</u> <u>Autumn 1: Dance Year 2</u> <u>Autumn 1: Fundamentals Year 1</u> <u>Autumn 2: Fitness Year 1</u> <u>Autumn 2: Yoga Year 2</u> Can I perform dances using simple movement patterns?  Swimming (2 weeks intensive)		<u>Gymnastics</u> <u>Gymnastics Year 2</u> Can I master basic movements including: Developing balance, agility and co-ordination, and begin to apply these in a range of activities?		<u>Games</u> <u>Summer Term 1: Team building Year 1</u> <u>Summer Term 1: Fitness Year 2</u> <u>Summer Term 2: Fundamentals Year 2</u> <u>Summer Term 2: Athletics Year 2</u> Can I participate in team games, developing simple tactics for attacking and defending?  Can I master basic movements including: Running, jumping, throwing and catching?	
Class 3 Yr 3/4	<u>Tag Rugby</u> Can I continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?  Can I enjoy communicating, collaborating and competing?	<u>Orienteering</u> Can I continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?  Can I enjoy communicating, collaborating and competing?	<u>Tennis</u> Can I apply basic principles suitable for attacking and defending, develop flexibility, strength, technique, control and balance?  <i>Pupils will be taught to: use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate</i>	<u>Netball</u> Can I throw, catch, change direction, speed and shoot, communicate, collaborate and support others?  Can I, play honestly and fairly, persevere, show confidence, comprehend decision making, recognise, identify and observe others and provide them with	<u>Athletics</u> Can I take part in outdoor and adventurous activities with challenges both individually and within a team?  Can I compare performances with previous ones and demonstrate improvement to achieve my personal best?	<u>Cricket</u> Can I use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate?  Can I apply basic principles suitable for attacking and defending, develop flexibility, strength, technique, control and balance?

	<p>Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise my own success?</p> <p>Can I use running, jumping, throwing and catching in isolation and in combination play competitive games?</p> <p>Can I apply basic principles suitable for attacking and defending?</p> <p>Can I compare my performances with previous ones and demonstrate improvement to achieve my personal best?</p>	<p>Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise my own success?</p>		<p>feedback that they can select and apply?</p>		
	<p><b><u>Swimming</u></b></p> <p>Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively [for example, front crawl, backstroke and breaststroke], perform safe self-rescue in different water-based situations.</p>		<p><b><u>Gymnastics</u></b></p> <p>Can I apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?</p> <p>Can I enjoy communicating, collaborating and competing with others?</p> <p>Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and success?</p>		<p><b><u>Dance – Beowulf and Grendel</u></b></p> <p>Can I apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?</p> <p>Can I enjoy communicating, collaborating and competing others?</p> <p>Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise success?</p>	
	<p><b><u>Taq Rugby</u></b></p> <p>Can I use running, jumping, throwing and catching in isolation and in combination?</p>	<p><b><u>Orienteering</u></b></p> <p>Can I take part in outdoor and adventurous activity challenges both</p>	<p><b><u>Hockey</u></b></p> <p>Can I use running, jumping, throwing and catching in isolation and in combination?</p>		<p><b><u>Cricket</u></b></p> <p>Can I use running, jumping, throwing and catching in isolation and in combination?</p>	<p><b><u>Athletics</u></b></p> <p>Can I develop flexibility, strength, technique, control and balance?</p>

	Can I play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	individually and within a team?  Can I compare their performances with previous ones and demonstrate improvement to achieve their personal best?	Can I play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.  Can I compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Can I take part in outdoor and adventurous activity challenges both individually and within a team?  Can I compare their performances with previous ones and demonstrate improvement to achieve their personal best?	Can I take part in outdoor and adventurous activity challenges both individually and within a team?  Can I compare their performances with previous ones and demonstrate improvement to achieve their personal best?
	<b><u>Swimming</u></b>  Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively [for example, front crawl, backstroke and breaststroke], perform safe self-rescue in different water-based situations.		<b><u>Gymnastics</u></b>  Can I develop flexibility, strength, technique, control and balance?  Can I perform dances using a range of movement patterns?		<b><u>Dance</u></b>  Can I develop flexibility, strength, technique, control and balance?  Can I perform dances using a range of movement patterns?	
<b>Cycle B</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Class 1-Reception</b>	<b>Introduction to PE</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Fundamentals in PE</b>	<b>Ball Skills</b>	<b>Games</b>
<b>Class 2 Yr 1/2</b>	<b><u>Throwing, catching and target games</u></b> Autumn 1 GW: Ball skills Year 1 Autumn 1 RH: Sending and receiving Year 1 Autumn 2 GW: Target games Year 1 Autumn 2: Striking and fielding Year 1  Can I master basic movements including: running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities?  Swimming (2 weeks intensive)		<b><u>Gymnastics</u></b> Gymnastics Year 1  Can I master basic movements including: Developing balance, agility and co-ordination, and begin to apply these in a range of activities?		<b><u>Mini beast dance</u></b> Dance Year 1 Yoga Year 1  Can I perform dances using simple movement patterns?	<b><u>Games</u></b> Target Games Year 2 Athletics Year 1  Can I participate in team games, developing simple tactics for attacking and defending?

Class 3 Yr 3/4	<u>Tag Rugby</u>	<u>Football</u>	<u>Hockey</u>	<u>Tennis</u>	<u>Rounders</u>
	<p>Can I continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?</p> <p>Can I enjoy communicating, collaborating and competing?</p> <p>Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise my own success?</p> <p>Can I use running, jumping, throwing and catching in isolation and in combination play competitive games?</p> <p>Can I apply basic principles suitable for attacking and defending? Can I compare my performances with previous ones and demonstrate improvement to achieve my personal best?</p>	<p>Can I continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?</p> <p>Can I enjoy communicating, collaborating and competing?</p> <p>Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise my own success?</p> <p>Can I use running, jumping, throwing and catching in isolation and in combination play competitive games?</p> <p>Can I apply basic principles suitable for attacking and defending? Can I compare my performances with previous ones and demonstrate improvement to achieve my personal best?</p>	<p>Can I continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?</p> <p>Can I enjoy communicating, collaborating and competing with others?</p> <p>Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise success?</p>	<p>Can I apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?</p> <p>Can I enjoy communicating, collaborating and competing each other?</p> <p>Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise success?</p> <p>Can I use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance?</p> <p>Children will also take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Can I apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?</p> <p>Can I enjoy communicating, collaborating and competing each other?</p> <p>Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise success?</p> <p>Can I use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance?</p>



Class 4 Yr 5/6	<u>Swimming</u>		<u>Gymnastics</u>	<u>Dance</u>	
	Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively [for example, front crawl, backstroke and breaststroke], perform safe self-rescue in different water-based situations.		Can I apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?  Can I enjoy communicating, collaborating and competing with others?  Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and success?	Can I apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement?  Can I enjoy communicating, collaborating and competing others?  Can I develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise success?	
Class 4 Yr 5/6	<u>Tag Rugby</u>	<u>Football</u>	<u>Tennis and Dodgeball</u>	<u>Cricket</u>	<u>Rounders</u>
	Can I use running, jumping, throwing and catching in isolation and in combination?  Can I play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending  Can I compare my performances with previous ones and demonstrate improvement to achieve their personal best?	Can I use running, jumping, throwing and catching in isolation and in combination?  Can I play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending?  Can I compare my performances with previous ones and demonstrate improvement to achieve their personal best?	Can I play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending (tennis and dodgeball)?	Can I use running, jumping, throwing and catching in isolation and in combination?  Can I play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending?  Can I take part in outdoor and adventurous activity challenges both individually and within a team?	Can I play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending?  Can I take part in outdoor and adventurous activity challenges both individually and within a team?  Can I compare their performances with previous ones and demonstrate improvement to achieve their personal best?

	<p style="text-align: center;"><b><u>Swimming</u></b></p> <p>Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively [for example, front crawl, backstroke and breaststroke], perform safe self-rescue in different water-based situations.</p>	<p style="text-align: center;"><b><u>Gymnastics</u></b></p> <p>Can I develop flexibility, strength, technique, control and balance ?</p> <p>Can I perform dances using a range of movement patterns?</p>	<p style="text-align: center;"><b><u>Dance</u></b></p> <p>Can I develop flexibility, strength, technique, control and balance ?</p> <p>Can I perform dances using a range of movement patterns?</p>
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