

PE Curriculum Report 2019-2020

PE is taken very seriously at St John the Baptist, as we understand it is a pivotal part of a child's physical, emotional and social wellbeing. Our teaching staff have been magnificent in their efforts and attitude towards PE, resulting in our children being exposed to a vast array of opportunities around physical education. Some ways we have delivered this expansive curriculum is through:

- Providing 2 hours of high-quality PE a week.
- Teaching staff continuing to work alongside a specialist sports coach from Energise Sports.
- Reviewing the PE curriculum map, allowing us to offer children a greater variety of sporting opportunities.
- Providing children the opportunities to make cross-curricular connections, using PE as a vehicle for learning. For example:
 - Maths of the Day!
 - Scientific enquires on pulse-rate!
 - Reading autobiographies of sporting heroes!
- Offering extensive extra-curricular activities like:
 - Yoganastics
 - Multi-Skills
 - Boxercise
 - Contemporary Dance



Figure 1 Maths of the Day! Combining PE and Maths!

PE is an important part of the timetable, where children can explore basic skills, evaluate and improve their progress and increase their knowledge and understanding of health and fitness.

PE Curriculum Map

Year Group	Autumn		Spring		Summer	
	1	2	1	2	1	2
EYFS						
Nursery	Fundamental Movement Skills	Gymnastics	Dance	Target Games	Target Games	Ball/Racquet Games
	Throwing and Catching Skills	Target Games	Multi-Skills	Physical Development Skills	Multi-Skills	Hitting Skills
Reception	Fundamental Movement Skills	Gymnastics	Dance	Target Games	Target Games	Ball/Racquet Games
	Throwing and Catching Skills	Target Games	Multi-Skills	Physical Development Skills	Multi-Skills	Hitting Skills
Key Stage 1						
Year 1	Fundamental Movement Skills	Gymnastics	Dance	Target Games	Ball/Racquet Games	Net/Wall Games
	Throwing and Catching Skills	Target Games	Hitting Skills	Physical Development Skills	Multi-Skills	Throwing and Catching Skills
Year 2	Fundamental Movement Skills	Gymnastics	Dance	Target Games	Ball/Racquet Games	Net/Wall Games
	Throwing and Catching Skills	Sending and Receiving Games	Hitting Skills	Multi-Skills	Football	Soft-Hockey
Key Stage 2						
Year 3	Football	Gymnastics	Dance	OAA	Cricket	Athletics
	Hockey	Cricket	Basketball	Games-Making	Rounders	Tennis
Year 4	Basketball	Gymnastics	Dance	OAA	Tri-Golf	Athletics
	Cricket	Softball/Rounders	Volleyball	Tri-Golf	Swimming	Swimming
Year 5	Netball	Gymnastics	Dance	OAA	Tennis	Athletics
	Tri-Golf	Games-Making	Swimming	Swimming	Rounders	Basketball
Year 6	Netball	Gymnastics	Dance	OAA	Net/Wall Games	Athletics
	Swimming	Swimming	Games-Making	Tennis	Volleyball	Cricket

Figure 2 Our PE curriculum map, showcasing a wide variety of sports the children have participated in.

School Sport Achievements

As a school, we have aimed to provide all children with a full range of sporting opportunities and occasions to represent St John's at events, which is something the children are increasingly proud of.

This is what our Sports Captains had to say:

Camila:

"I love being Sports Captain. I can make a real difference to people's physical education by being a positive role model and always trying my best. I want to promote healthy eating and a healthy lifestyle too, because we need to make healthy choices for our future."

Pierce:

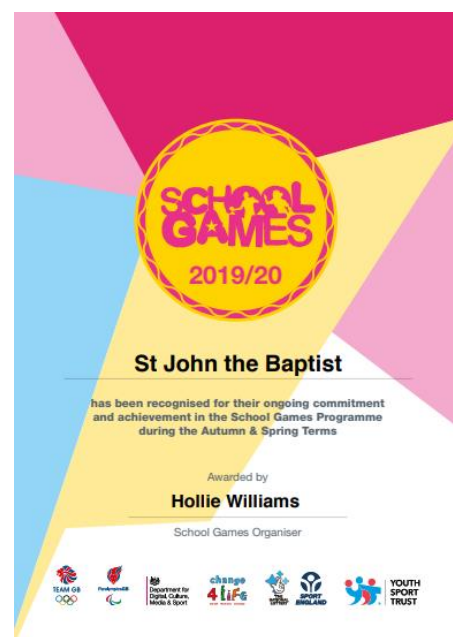
"Sport is very important, and so is being healthy. I have really loved being a Sports Captain because I feel I have made a big difference. I conquered some fears, including when I stood in front of the whole school and hosted the PE celebration assembly; it was nerve-racking but I'm glad I did it!"

School Games Award

We are delighted to announce that we, St John the Baptist Catholic Primary School, have achieved the School Games GOLD Mark Award for the 2019/20 academic year. The School Games Mark is a Government led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

Each School Games Mark application is divided into four sets of questions. They cover the following basic topics...

- Participation - how many young people at your school are being engaged in sporting activity?
- Competition - how many different sports are being played and how many competitions are being entered?
- Workforce - how many pupils are involved in leadership activities alongside taking part in competitions?
- Clubs - how many local links does your school have with clubs or establishments from the area?



We also participated in North Solihull's virtual games, where we competed virtually against other schools by completing skill-based activities.



School Awards

Each term we hold a sporting awards ceremony where children are chosen for their outstanding effort in PE lessons. They are given a certificate and a medal. We even had a member of staff who earnt a medal and certificate for her exceptional effort towards her own health and fitness!



PE Lessons

PE lessons have been planned efficiently and effectively for the needs of all children in each class. Each half term has a set topic such as gymnastics, invasion games, rounders, which is designed to be adapted to all school years. The children cover a full range of sporting activities, fitness tests and key aerobic and sporting skills.



Some of our Nursery children developing their movement skills through gymnastics.



Some of our Year 2 children combining PE with Maths!







Some of our Year 4's tracking their progress in PE!



Some of our Year 5 children practicing their dance performance!

Here you can see our PE skill progression map. This has been created to ensure all children are making progress throughout their PE lessons. Starting from Nursery, and working all the way up to Year 6, the PE progression map has allowed staff and children understand what skills they need to be a successful sportsman/sportswoman.

Sport	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Beyond Year 6
Dance	<p>Shows control and co-ordination in large and small movements.</p> <p>Moves in a range of ways, safely negotiating space.</p> <p>Handles equipment effectively.</p> <p>Knows the importance for good health of physical exercise.</p> <p>Manages their own basic hygiene and personal needs successfully.</p> <p>Shows confidence to try new activities, and say why they like some activities more than others.</p> <p>Practises movement skills through games with beanbags, cones, balls and hoops.</p> <p>Practises moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching.</p>	<p>Shows good control and co-ordination in large and small movements.</p> <p>Moves confidently in a range of ways, safely negotiating space.</p> <p>Handles equipment effectively.</p> <p>Knows the importance for good health of physical exercise, and healthy diet, and talk about ways to keep healthy and safe.</p> <p>Manages their own basic hygiene and personal needs successfully, including dressing.</p> <p>Shows confidence to try new activities, and say why they like some activities more than others.</p> <p>Practises movement skills through games with beanbags, cones, balls and hoops.</p> <p>Practises moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching.</p>	<p>Copies and explores basic movements and body patterns.</p> <p>Remembers simple movements and dance steps.</p> <p>Links movements to sounds and music.</p> <p>Responds to a range of stimuli.</p> <p>Identifies how the heart rate increases when moving.</p>	<p>Copies and explores basic movements with clear control.</p> <p>Varies levels and speed in sequence.</p> <p>Can vary the size of their body shapes.</p> <p>Add a change of direction to a sequence.</p> <p>Uses space well and negotiates space clearly.</p> <p>Can describe a short dance using appropriate vocabulary.</p> <p>Responds imaginatively to stimuli.</p> <p>Identifies how the heart rate increases when exercising.</p>	<p>Beginning to improvise independently to create a simple dance.</p> <p>Beginning to improvise with a partner to create a simple dance.</p> <p>Translates ideas from stimuli into a movement with support.</p> <p>Beginning to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p> <p>Can make links between the heart-rate to physical signs of particular sport.</p> <p>Understands why our heart rate increases, making connections to our Healthy Heart Scheme.</p>	<p>Confidently improvises with a partner or on their own.</p> <p>Beginning to create larger dance sequences in a larger group.</p> <p>Demonstrating precision and some control in response to stimuli.</p> <p>Beginning to vary dynamics and develop actions and motifs.</p> <p>Demonstrates rhythm and spatial awareness.</p> <p>Modifies parts of a sequence as a result of self-evaluation.</p> <p>Use simple dance vocabulary to compare and improve work.</p> <p>Understands how our heart beats and the purpose of an increased heart rate.</p> <p>Understand what nutrients are transported around the body when exercising.</p> <p>Identify parts of the circulatory system, including the heart and the lungs.</p>	<p>Beginning to exaggerate dance movements and motifs (using expression when moving).</p> <p>Demonstrates strong movements throughout a dance sequence.</p> <p>Combines flexibility, techniques and movements to create a fluent sequence.</p> <p>Moves appropriately and with the required style in relation to the stimulus. e.g using various levels, ways of travelling and motifs.</p> <p>Beginning to show a change of pace and timing in their movements.</p> <p>Uses the space provided to his maximum potential.</p> <p>Improvises with confidence, still demonstrating fluency across their sequence.</p> <p>Modifies parts of a sequence as a result of self and peer evaluation.</p> <p>Uses more complex dance vocabulary to compare and improve work.</p> <p>Understands why nutrients are transported around the body when exercising.</p>	<p>Exaggerates dance movements and motifs using expression when moving.</p> <p>Performs with confidence, using a range of movement patterns.</p> <p>Demonstrates a strong imagination when creating own dance sequences and motifs.</p> <p>Combines flexibility, techniques and movements to create a fluent sequence.</p> <p>Moves appropriately and with the required style in relation to the stimulus. e.g using various levels, ways of travelling and motifs.</p> <p>Beginning to show a change of pace and timing in their movements.</p> <p>Is able to move to the beat accurately in dance sequences.</p> <p>Improvises with confidence, still demonstrating fluency across their sequence.</p> <p>Dances with fluency, linking all movements and ensuring they flow.</p> <p>Demonstrates consistent precision when performing dance sequences.</p>	<p>Engage confidently in dance lessons during secondary school.</p> <p>Pursue dance throughout the entirety of secondary school.</p> <p>Express feelings and emotions through the medium of dance during drama classes.</p> <p>Represent secondary school in dance competitions.</p>

Figure 3 An PE skill progression map for Dance. Here you can see the progression of skills that children build upon through dance at St John's.

Our PE display has also been created, so children can take ownership over the curriculum, and understand what skills they will be learning or building on throughout their time at St John's.

Extra-Curricular Clubs

We have offered a range of before, during and after school club. We have encouraged children from across the school to participate in any club, by asking children their choices. We started a before-school club to encourage those with a target for punctuality to be in school on time- it was warmly welcomed and all clubs have been a huge success!



Some of our Year 5 children participating in the Bikeability programme



Values in PE

Running alongside our school Mission Weeks, we learnt how important it is to stick to rules and team work like they do in the army. We worked in teams to complete set activities and the children loved the structure. This helped us understand the core British Values which underpin our society. We used PE as a vehicle for this, by showing all of these skills throughout PE lessons, clubs and competitions.

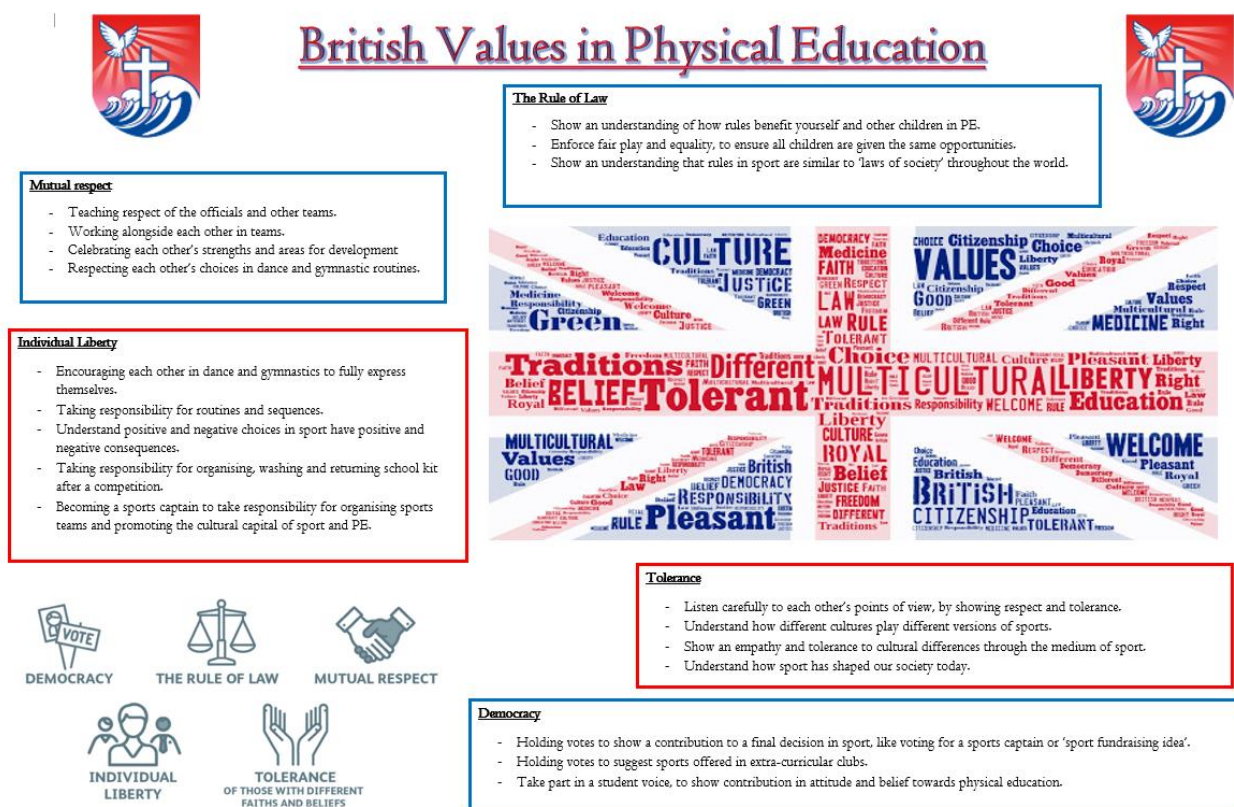


Figure 4 Our core British Values within PE.

Also, through participating in sport in our local area (North Solihull), the children have been able to represent St John's in the School Games fixtures. These fixtures are organised and hosted by our local school games organiser (SGO). Upon participation, the children were challenged to show these particular skills in sports. In reward, the children earned badges (like below). These values are pivotal to any sportsperson, thus, the children should be extremely proud of themselves if they earned one of these value badges.





Race For Life

We held 'Race For Life' this year, where we ran continuous laps of the field for fitness,

whilst also raising money for a chosen charity by running in honour of someone we know who has been affected by cancer. We raised £1000 this year which was fantastic and all the children benefitted from this event through either health and fitness or awareness of the charity.



Healthy Hearts

Linking in with our healthy lifestyle choices, the children learned about how and why it is important to maintain a healthy heart. We learnt about the healthy heart project in our PE and Science lessons. The children were made aware of certain dangers and diseases you are liable to catch if you become inactive. Therefore, we learnt about healthy lifestyle choices, and how to maintain them throughout our school life and beyond.

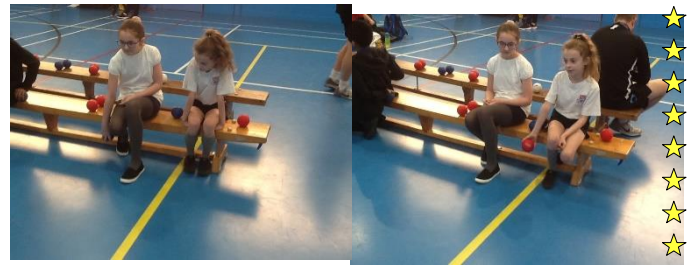
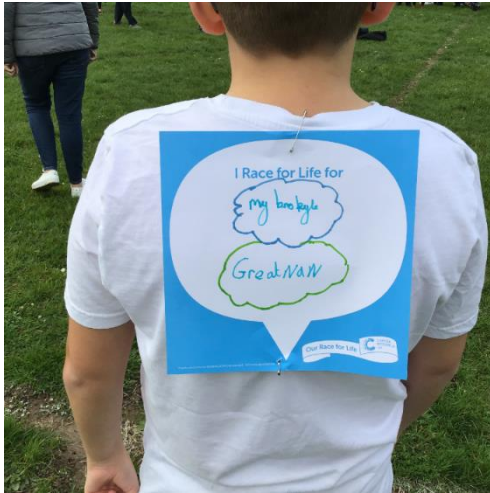
Our Healthy Heart Project

Hey Kids,
It's me your heart. We need to talk.
I work harder than any of your body parts. All year long I wear myself out to make sure you are ok. I do this trying to make you happy when you are sad, work faster when you need me to and help you to be loving all the time.
I mean you make me work really hard with everything you do. Do you know how tired I am after break time? It's not fair that I get no rest like you do! How about a bit of care sometimes? Is that too much to ask? Let's be honest are you really making an effort to look after me? I even work when you're asleep! I have to keep you breathing all night long! If you don't start looking after me soon... I'm going to completely lose it.
I need a REST!
Your overworked friend,
Your heart
X



Inclusive Sport

We offer sporting events for all of our children.



Swimming

Year 4-6 have been offered swimming lessons. They are taught water safety as well as skills which are outlined by the National Curriculum. Our aim is for all children to be able to swim reasonably by the time they leave for secondary school.

Summary

The children at St John the Baptist have been able to enjoy many opportunities for physical activity.

- A PE progression map has been created to allow children to see the skill pathway to success throughout their time at St John's.
- Our staff are continuing to receive specialist support from Energise Sports, enabling us to offer high quality physical education throughout the school.
- The Daily Mile has been introduced, allowing children to work on their physical endurance and being given the opportunity to lead a healthy, active lifestyle.
- Extra-curricular clubs continue to be a huge success, with children being given extremely fortunate opportunities to participate in sport before, during and after school.

- The Healthy Heart scheme has been reintroduced, allowing children to make connections between physical exercise and health related well-being.

Some thankyou's!

- Coach Steve - Coach has been at the forefront of everything PE related this year, and has contributed massively to the delivery of PE at St John's. He has also done a remarkable job of organising sports fixtures, letters and opportunities for all of the children. Coach Steve has hosted and refereed many sporting fixtures this year, something the staff and children are extremely grateful for. Thankyou!
- Mrs Parnaby - Mrs Parnaby was the mastermind behind the children's dance routine, where they performed in front of professional judges and hundreds of primary and secondary school children. Mrs Parnaby gave up her morning time and lunch time to facilitate this experience for our children. Her contribution has been greatly appreciated! Thankyou!
- Our Dinner Supervisors - Our Dinner Supervisors have also held an important role in regards to PE. They have facilitated and organised PE type games during lunchtimes. This is extremely important, as it allows our children to compete against their friends. Thankyou!
- Finally, our children! - Without our fantastic, enthusiastic children, we would have no PE curriculum. In PE, it has been noted that all children thoroughly enjoy PE and the benefits that go with it. The children have tried their best throughout the year, and have developed their skills well. Thank you to all the children who represented St John's during sports events and fixtures. You have all represented the school extremely well, and should be very proud of yourselves and one another!

