

Physical Education and Physical Activity

Physical Education and Activity at Cavendish and Knowleswood aims for children to understand how they can keep fit and healthy and why this is important for their well-being. Children can practise and improve skills in a range of sports and disciplines via engaging PE lessons as well as having the opportunity to join in with activities during break times and after-school clubs. The wide variety of experiences provided for the children enables them to identify sports and disciplines they like and may pursue in the future. Learning in PE links with our work around mental health, well-being and the whole child.

Physical Education (PE) at Cavendish and Knowleswood creates the foundations on which children can build up to challenging themselves physically and beating their goals through self-improvement. It also gives the chance for children to compete against others and learn essential life skills around working as a team and accepting defeat.

Learning Opportunities

At both Cavendish and Knowleswood we have specialist PE teachers who deliver the majority of PE lessons from Year 1 to Year 6. Planning covers a large variety of team and individual sports/games as well as dance and gymnastics. We follow a PE long term plan that has been developed by our staff through specialist knowledge of the subject and our school communities.

Continuous outdoor provision in the Early Years enables children to enjoy daily opportunities for physical activities and games. In Reception, we also start structured PE lessons with the focus being on personal skills and safety. From Year 1 to Year 6 the scope of each unit increases, expanding from the pupils' basic motor skill development to understanding different tactical approaches and detailed rules when playing small sided games. Skills develop from balancing, coordination, movement, throwing and catching to technical multi-step skills applied to a range of sports.

From the starting points, which are suitable for all pupils, the units progress onto physical and skill-based challenges. The units have a range of sports linked to them providing the children with a broad and balanced coverage of; athletics, dance, gymnastics, invasion games, net and wall games, striking and fielding games and outdoor adventurous activity. Children also attend swimming lessons in line with the National Curriculum expectations.

Progression

Our progression framework ensures that skills and knowledge are introduced then revisited in different units and in different contexts. This enables progression to be identified and planned for, developed and celebrated. Providing a starting point that is accessible to all pupils means they can each make their own progress along their physical education journey. The progression sequence below helps facilitate this as it extends physical education knowledge, understanding and skills.

Progression Sequence in PE
Motor skills development.
Begin to learn basic sport specific skills.
Develop skills and technical vocabulary.
Begin to learn and understand rules of various games.
Develop tactical awareness within games.
Perform skills with consistency and accuracy including learning complex skills in stages.

Assessment

Each unit has key assessment opportunities that link to our progression framework. The assessment opportunities allow teachers to monitor the progress made by individual pupils and review areas in which pupils excel or where learning needs to be revisited or consolidated.

Formative assessment opportunities are integrated throughout the units. Some are informal and depend on the use of observation or teacher-pupil conversation. These opportunities check understanding, identify misconceptions within techniques or rules, enable direct feedback and allow for adaptation without unnecessary elaboration or differentiation.