The Nightingale Federation

'Let your light shine.'
Matthew 5:16

Diocese of Norwich Education and Academies Trust

Physical Education

'Believe in your dreams and that anything is possible' (Usain Bolt)

Subject Vision and Values

Our vision at the Nightingale Federation is to ensure all children participate, enjoy and develop positive attitudes to physical education and sport.

Through a multi ability approach we aim to:

- Improve fitness, health and well-being.
- Promote active participation and lifelong learning.
- Allow each child to fulfil their potential and 'Let their light shine' by giving them opportunities and experiences that inspire and encourage them to learn.
- Provide healthy competition linked to personal best giving all pupils access to festivals, events and competitions. Where all children celebrate winning and lose in a fair and positive manner.

The aims and objectives of Physical Education are in line with the National Curriculum and ensure that all children:

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

Intent

PE lessons are delivered as part of the curriculum offer. Objectives for lessons are underpinned by the National Curriculum. PE lessons are well planned and structured to ensure that new skills are learnt and imparted through effective teaching and a sequence of lessons, developing pupils fundamental skills through a multi ability approach.

Implementation

In our Early Years: Physical Development (Moving and Handling):

We teach PE across EYFS as an integral part of the EYFS curriculum. Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

In Key Stage 1 pupils are taught to:

Master basic movements including running, jumping, throwing catching, as well as develop balance, agility and co-ordination and begin to apply these to a range of activities.
Participate in team games, developing simple tactics for attacking and defending.
Perform dances using simple movement patterns.

In Key Stage 2 pupils are taught to:

Continue to apply and develop a broader range of skills, leaning how to use them in different ways to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

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.

Impact

As an inclusive school, we recognise the need to tailor our approach to support children with Special Educational Needs as well as those who would benefit from further enrichment and challenge. As a member of the West Norwich and Dereham School Sports Partnership we give pupils lots of opportunities to take part in competitions at school and county level and festivals giving them opportunities to experience new sports. They are also given opportunities to achieve and beat their personal best.

Spiritual Development

Through PE at the Nightingale Federation, pupils develop their knowledge and understanding of the body's performance when exercising; this leaves pupils amazed at the body's ability as they show endurance when exploring the body's capabilities. Children also complete mindful breathing activities during warm ups and warm downs.

Cultural Capital links with Subject

Pupils have the opportunity to take part in a range of competitions including inter-house, SSP competitions against other schools within the partnership and we have had pupils/teams get through to county finals in Cross Country and Tennis. We have links within the community clubs and are able to have them come in and give pupils the chance to experience coaching from a qualified coach.