

A Journey into PE



Intent

We aim to develop our children's physical development with diverse, engaging and practical P.E. teaching. Our exciting curriculum focuses on the progression of core skills in a variety of indoor and outdoor P.E. sessions, while introducing our pupils to a variety of different sports.

At the centre of our curriculum is a focus on the development of core skills that are applicable in a variety of different sports. A core skill-set allows the students to confidently access the different sports that the school provides in lessons, in clubs and in teams. This begins in reception with basic ball and catching skills all the way to Y6 where students are focusing on the core skills of football, swimming and gymnastics amongst others. Furthermore, the curriculum is seasonally organized on a two year rolling programme to reflect the weather and sporting calendar to capitalise on interest in certain sports. We plan our lessons half-terminally with a focus on a different sport with the aim of slowly building the basic skills at the beginning to ending with a competitive game situation for the children to test their newly learnt skills.

We will continue to provide our pupils with opportunities to become physically confident by developing their physical health, competitive nature and love for sports.

These ambitions have been greatly enhanced by the sessions run by external sports professionals. This includes rugby sessions coached by the Cornish Pirates at Germoe School for Key Stage 2 pupils and cricket coaching from 'chance to shine' who teaches our Key Stage 1 children basic cricket skills. We have pupil-nominated sport leaders who support with break time games, looking after our equipment and taking warm ups in P.E lessons.

Implementation

Our curriculum is focused on having trust in teachers planning and delivering of lessons. Across our school, our PE subject leader teaches all of the classes at least once a week and the class teacher teaches the other lesson.

Specifically, Early Years and KS1 focus on core skills such as effective movement, throwing, catching and balancing. These are introduced via different games and play based scenarios building up to some team based activities by the end of Y2.

Children are assessed through lessons and how far they need to be moved on with whatever sport they may be learning. Children are split into differentiated groups to make sure all children have the chance to progress even though they may be at different levels.

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In KS2, these core skills are utilised in indoor and outdoor P.E. lessons with the introduction of invasion games, striking and batting games, gymnastics and athletics.

Furthermore, our sports, cross country and sailing club give those children a chance to attend a club they might not have had the chance to take part in before.

Impact

- According to pupil voice surveys, most pupils strongly agree that P.E. is well taught and resourced. Furthermore, most students believe that there is a wide range of sports on offer in lessons and clubs.
- Children are given the chance to experience a wide range of different sports whether this may be team games, individual, dance, gymnastics, athletics or water sports throughout their time at Boskenwyn School.
- From our surveys with pupils and in accordance with our own priorities for this academic year, empowering children to engage in inter-school competitions is significant aim of our provision and is becoming an increasingly regular feature for our sports clubs.

Pupil Voice

Year 6 pupil: 'I love playing football in my P.E. lessons especially when get to play games.'

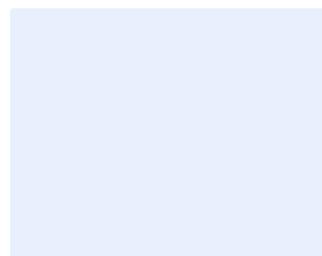
Year 3 pupil: 'We get to do lots of games in P.E. and they are always fun!'

Rosemullion class (YR/Y1): 'We get to play football, Mr Conway tells us to bounce the ball with our hands and we sometimes get some hard challenges like a figure of 8 through our legs.'

An Example Progression of Skills

Year Groups	By the end of year 2	By the end of year 4	By the end of year 6	Y6+
Movement <i>Develop competence to excel in a broad range of physical activities</i>	Develop fundamental movement skills, becoming increasingly confident and competent Master basic movements such as running, jumping, throwing and catching	Continue to apply and develop a broader range of skills Use running, jumping, throwing and catching in isolation and in combination	Continue to apply and develop a broader range of skills Use running, jumping, throwing and catching in isolation and in combination	Build on and embed the physical development and skills learned in KS1 and 2. Tackle complex and demanding physical activities

Examples of Learning Outcomes





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Our FAMILY Values

Fairness: We incorporate fairness into all of our PE lessons through making sure children are following the rules and regulations correctly.

Attitudes to Learning: We regularly discuss about having a positive mind set and showing resilience in our lessons will help us progress.

Making Healthy Choices: We discuss the importance of how physical activity keeps our body healthy.

International Citizenship: We have the chance to go skiing each year and we discuss international sporting competitions such as the Olympics.

Living and Learning Safely: We discuss the importance of warming up and warming down before and after physical activity to reduce our risk of injury.

Yearning to Succeed: We introduce a competitive edge into our lessons to give children the will and opportunity to want to succeed.

Cultural Capital

A fundamental feature of Germoe and Boskenwyn's PE curriculum is its ambition to provide cultural capital to pupils, empowering them to develop vital skills essential to their futures. Despite being relatively small schools, both Germoe and Boskenwyn provide pupils with excellent opportunities to experience and engage with varied cultures, whilst contributing to our FAMILY value of International Citizenship. These include a number of international projects with partnership schools across Europe as part of the Erasmus Project, including an annual joint ski trip and various other recreational schemes made possible by such partnerships. All of these unique cultural experiences are hugely beneficial to the personal development of pupils at Boskenwyn and Germoe, providing them with lifelong skills of communication, teamwork and leadership, whilst empowering them to become International Citizens.

Our Multi-Disciplinary Approach

Due to our varied and inquiry-based curriculum, the pupils of Boskenwyn and Germoe is in a fantastic position to experience a multi-disciplinary approach to their provision of P.E. The basis of our Inquiry topic often influences the forms of P.E on offer. Our 'Systems for Survival' topic lent itself superbly to P.E lessons, including activities such as orienteering, assault courses and survival days. In addition to this, the forthcoming 'Going for Gold' theme will again provide children with fantastic opportunities to engage in Olympic and sports themed tasks.

On the first day of each term we enjoy a 'phenomenon-based learning day', focusing on one of our FAMILY values. The 'Making Healthy Choices' value enabled pupils to participate in a range of



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activities including making healthy foods, taking part in fitness routines and learning about how to live a healthy lifestyle.

Last Year's Successes

- Both schools have provided an after school sports club each week throughout the term.
- Both schools have provided a cross-country club each week throughout the term.
- Children have entered a cross-country league where both schools have had the chance to compete against different schools. KS1 children have also had the chance to enter fun runs at these events which are not competitive.
- Boskenwyn School swam each week throughout the term (Y2-Y6).
- Boskenwyn School entered a swimming gala where they had the chance to compete against other schools.
- Both schools have been taught the compulsory 2 hours of PE each week.
- Germoe school completed the daily mile each day throughout the term.
- Sports leaders (Y6) monitored games at break and lunch times and were responsible for equipment and huff and puff.
- FROGS bought Germoe school new football goals for the school field.
- FOBS built a climbing frame at Boskenwyn school – which can be used for outdoor learning and break times.
- Germoe had the chance to attend a sailing club each week of the term.
- Germoe's class 3 attended a 'hit the surf' day.
- Equipment for use of break times and PE lessons have been improved due to an audit check on the things the schools didn't have.

Priorities for this Year

- A new P.E equipment storage facility for Germoe.
- An inter-school tournament between both schools.
- Increased participation in after-school sports clubs.
- Continued participation in inter-school competitions.
- ‘Pupils’ voices’ established as key components in our decision making processes.