

Wellbeing

We believe fostering positive mental health and wellbeing is the foundation for all learning and growth. Our curriculum, including the 'hidden curriculum' of school culture, supports all pupils to develop a positive self-image and equips them with the knowledge and skills they need to look after their mental and physical health.

Respectful	Friendly	Determined	Kind	Courageous	Tolerant
Playful and Enquiry Led	Rigorous	Ambitious for all	Vocabulary and Experience Rich	Learn to Learn	Expert
<p>So that all pupils:</p> <p>Are highly motivated to be physically active.</p> <p>Are able to develop wider skills through physical education.</p> <p>Are able to challenge themselves.</p> <p>Foster a love of physical activity and enjoyment of different physical experiences.</p>	<p>So that all pupils:</p> <p>Develop confidence with key fundamental movement skills.</p> <p>Revisit key physical skills to develop confidence and competence in different contexts.</p> <p>Are equipped to take part in a range of physical activities and competitive sport.</p> <p>Understand how to live a healthy lifestyle</p>	<p>So that all pupils:</p> <p>Are able to engage fully in lessons and have opportunities to adapt learning to meet their needs.</p> <p>Are aware how PE will support the development of wider skills beyond sport.</p> <p>Are exposed to a variety of different PE areas and contexts through a balanced progressive curriculum.</p> <p>Have frequent opportunities to revisit skills and learning themes to develop a deeper understanding.</p> <p>Are facilitated to explore and achieve their full potential.</p>	<p>So that all pupils:</p> <p>Are focused on developing deeper knowledge and understanding of PE at different stages.</p> <p>Can show progression and an awareness of physical, cognitive, social and health/emotional areas of PE.</p> <p>Experience a range of different pedagogical approaches that keep them engaged and grow their knowledge.</p> <p>Link learning to events outside of school PE lessons including competitions, sporting events and informal play.</p> <p>Can understand and apply subject specific terminology that builds through their learning journey.</p>	<p>So that all pupils:</p> <p>Develop cognitive, social, physical, emotional/health skills through physical education.</p> <p>Have opportunities to self-assess and adapt lessons for themselves building an awareness of oneself and their progression.</p> <p>Embrace taking risks and challenging themselves, supporting a growth mindset.</p> <p>Can make links between their learning in different contexts in and outside of lessons.</p> <p>Have opportunities to evaluate and support learning and development of others.</p>	<p>Expert pupils will:</p> <p>Develop key physical competencies across a range of locomotor and coordination skills to be considered physically literate.</p> <p>Be able to link complex physical skills together with fluency, applying them to a wide range of physical challenges.</p> <p>Develop a deeper understanding of social, cognitive and emotional skills through PE alongside how to use them in sporting and non-sporting contexts</p> <p>Understand rules and strategies to take part with confidence in a number of competitive sports and physical activities..</p> <p>Recognise the achievement of inspirational people in wider society and our school community linked to PE and sport.</p>

Our mission is to develop the physical, social, cognitive and emotional skills of all students through the vehicle of Physical Education. We want to children to develop a lifelong love of sport and use PE to impact on the holistic development of every child. To achieve this, we aim to equip children with core physical competencies as well as focusing on developing confidence and mastery in these different learning areas. Through a spiral curriculum approach, we have developed units that will revisit key learning themes across a range of different sporting and physical contexts. These themes will build on previous learning to bring about opportunities to improve confidence, depth of learning and mastery in each of our key learning areas.

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Respectful	Friendly	Determined	Kind	Courageous	Tolerant
Planning	Teaching	Assessment	Review and Development	Inclusion and diversity	Cultural Capital and Partnership
<p>Our curriculum will use learning themes linked to the national curriculum objectives. Each theme focuses on 3 key words that frame the success criteria of the unit.</p> <p>Each unit will have a MT plan with clear outcomes and objectives set out. Suggested LOs and Lesson plans with diagrams will support and suggest ways to achieve the objectives of the unit for the teacher to adapt.</p> <p>Focusing on the 3 core outcomes in the learning theme allows teachers to spend time on developing deeper understanding for their students</p> <p>A spiral PE curriculum will focus on revisiting these learning themes with added complexity and different concepts to build on knowledge and understanding.</p> <p>Our planning will focus on our 4 strands of holistic PE: Physical ME, Social, ME, Thinking ME and This is ME</p>	<p>Learning objectives should be shared and represented visually for children to be aware of their learning journey . Key questioning should focus on the teacher facilitating this process.</p> <p>Pedagogical approaches should be appropriate and support targets of children being active for at least 80% of the lesson.</p> <p>A games-based approach in many of our units will motivate children, promoting positive achievement emotions in addition to developing wider cognitive and social skills more effectively.</p> <p>Support staff are actively engaged in supporting the teaching in PE lessons.</p> <p>Children should be aware of options to adapt tasks for their level of confidence.</p>	<p>Children will be assessed using our 4 holistic curriculum areas against objectives set out in the MT plan.</p> <p>Continuous assessment against the learning objective and success criteria should be ongoing in each lesson through observation.</p> <p>Assessment will impact future teaching within the lessons and in the upcoming lessons. Tasks will be adapted in the moment for individuals and affect the focus of the next lesson.</p> <p>Children will build their understanding of how to assess their own progress and adapt tasks in a variety of ways to suit their stage of development.</p> <p>Assessment will affect groupings, support, challenge. This will also support targeted intervention groups to support or extend progress.</p> <p>Progress in the 4 learning areas will be recorded and monitored at the end of each unit against key stage expectations.</p>	<p>We will monitor teaching through lesson observations conducted by the PE lead and Barnet PE consultant.</p> <p>Staff training and development will include:</p> <p>Team teaching and meetings with selected members of staff each half term.</p> <p>Mentoring of PE team with CPD meetings, reading tasks linked to current research and target setting.</p> <p>Curriculum areas will be reviewed each term within the PE team and the team will discuss where they need to be developed or changed based on feedback and assessment of children</p> <p>Subject lead and PE team to complete PE specialism courses and take active role in CPD sessions within the local area and online.</p>	<p>We will ensure everyone is included in our sessions through:</p> <p>Completing assessment documents that make clear children with additional needs and support an understanding of individuals in each class.</p> <p>Adapted learning opportunities included in lesson plans allowing children to adapt tasks.</p> <p>Including a range of different, accessible equipment.</p> <p>Planning in and fully utilising support staff to support the learning in PE sessions effectively.</p> <p>A holistic curriculum that supports the celebration and development in wider PE areas rather than just physical skills.</p> <p>Displays and assemblies and newsletters that celebrate everyone's achievements in PE.</p> <p>Participation in inclusive sports events.</p>	<p>We will build links with local community through sports clubs that can provide further physical opportunities for families and students.</p> <p>Events, competitions and festivals within and outside of school.</p> <p>Cultural capital will be developed through creating exciting sporting/physical experiences within schools and outside events e.g. fun run, dance festival</p> <p>We will embrace current sporting events achievements taking place around the world. E.g. world cup, Olympic Games.</p> <p>Our curriculum will link to sports and physical activities that take place in different cultures all over the world.</p> <p>Physical activity and PE will build links across the curriculum.</p>

Impact: As a result of our P.E curriculum our pupils:

- Enjoy and choose to be physically active in school and wider life
- Experience a wide range of learning themes and units to express themselves through physical education. ([See our learning themes Link](#))
- Will become physically literate, developing competence, understanding and fluency with fundamental physical skills.
- Will have opportunities to revisit and develop competency or complexity with their physical skills. This will enable them to engage confidently in physically active tasks and a range of different sports
- Will develop a self awareness of their competence and be able to self differentiate tasks to provide an appropriate level of challenge. This will encourage a growth mindset enabling them to compare previous performances and identify their success.
- Develop an understanding of different games and rules
- Have a deeper understanding of strategy, and tactics to try and outwit opponents in different tasks
- Learn how to analyse, evaluate and lead others through physical education showing an understanding of how to improve
- Have become more confident to engage with others to show functional social skills, through collaboration, competition and cooperation
- Become more secure in their understanding of how to build a healthy lifestyle (Physical and Mental)
- Have developed social, emotional and cognitive skills that can be applied throughout school life
- **Will learn to swim confidently over 25 m and be safe in water**

As a result of our supporting School Sport and Physical Activity offering our pupils will

- Be engaged in physical activity throughout and beyond the school day
- Learn how to display the values of representing the school and competitions and events
- Develop sport specific skills and game understanding in more detail
- Be supported in ensuring all children develop confidence with fundamental physical skills
- Gain social experiences as team members leaders and organisers