



PE at Fir Tree





Hello!

My name is Mrs Downs, and I am the PE Subject Leader at Fir Tree.

At Fir Tree, PE includes:

- Sport and Games
- Swimming and Water Safety
- Fitness and Health



Intent

We believe that P.E taught in a safe and supportive environment is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim and how to ride safely on the road. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equality of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines P.E promotes.

Click here to find our 'Fir Tree Curriculum' & 'Knowledge and Skills Progression' documents:



<https://www.fir-tree-juniors.org/pe/>



Implementation

The PE curriculum is taught through the use of the PE Hub, which is in line with the National Curriculum, and is used to aid teaching staff in their subject knowledge and planning of PE. Teachers are able to adjust and aid lessons to suit the needs of their classes but the scheme provides a strong basis of what is expected in each year group.

Each class has two hour weekly lessons taught by their class teacher. We also have visiting coaches; for example, Chance to Shine cricket and Wallingford rugby club, who teach alongside the class teacher. Through the use of coaches, fun and innovative sessions are run that offer staff the chance to upskill their own practice.

We endeavour to participate in as many local partnership tournaments and those organised by the School Games as possible. Often, we take more than one team to a tournament as we would like as many children as possible to experience this feeling of representing their school team.

Both year 5 and 6 children have swimming lessons with the aim that by the end of year 6 all children are able to swim a minimum of 25m unassisted. We offer top up swimming sessions to those children that need longer to reach their 25m target.

We offer a wide range of after-school sporting clubs run by teaching staff and outside agencies. These clubs are paid for by the school to ensure that any child can attend. Children are sometimes invited to attend one of these, particularly if they are unable to attend a club outside of school.

We encourage our pupils to develop as Junior Active leaders. The Junior Active course prepares children to lead break time sessions with our younger children. This ensures that our children are being active in their break and lunch times.

Introducing our pupils to a variety of physical activity/sports is another key aim. In the past we have had weekly Judo sessions, a whole school skipping workshop with Jump Rope, a skateboarding and trampoline workshop. Street dance is currently being taught on a weekly basis with fortnightly yoga sessions for each class. We hope each child will find their particular sporting passion to promote life-long learning.



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Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. Each area of PE has a progression ladder, which shows progression from Year 2 to Year 6 and our teachers use the PE Hub's online assessment tool to track pupil progress. From our lessons and strong links with PSHE, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through P.E.

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Junior Active Leaders

At Fir Tree, we believe in inspiring our pupils to become leaders. Twenty-two of our year 6 pupils took part in the Junior Active program, which enables them to lead playground activities and become confident, independent and responsible role models. A different group runs an activity during break times and any child is welcome to participate.

‘ I really like the different games and my favourite is the Elephant game.’

‘ I really liked the Junior Active course because it was really practical and I feel it gave me more confidence.’

‘ If you don’t have anything to do at play time, you can join the Junior Active group and you will have fun and get out of breath.’



You are a great Junior Active Leader because:

It was such a pleasure to work with D---- on the Junior Active Leader course. Mature, articulate and fully immersed in all elements of the program, she made great strides with her leadership skills over the fortnight.

Within the classroom, D--- naturally adopted the lead role in group work. When set a task, she was proactive, and her team mates often looked to her for guidance and support. She possesses good creative ideas, and this was highlighted in the ‘invent a game’ task where she was a key contributor of ideas for the game: ‘Rob the palace!’

D---was a natural when leading the Year 3 and 4 pupils in activity. She greeted each group with a smile and used age-appropriate and logically sequenced instructions when introducing her game. The younger pupils were motivated and enthused by her fast-paced and energetic leadership style.

To make further progress, D--- should try to learn the art of delegation when leading. She must realize that she does not have to do everything herself but can assign tasks so all group members can contribute equally.

D--- has a great attitude and will undoubtedly do very well in life.



The School Games



Fir Tree is proud to have received a School Games gold award. The School Games inspires young people to be physically active for life through positive experiences of daily activity and competition.

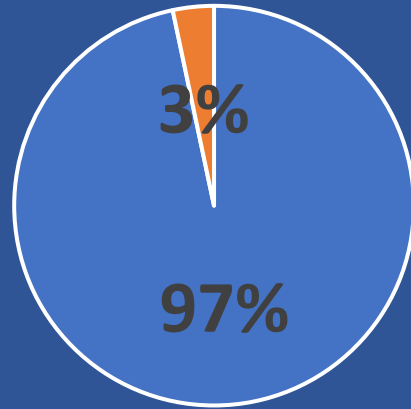
Key Criteria:-

- 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?



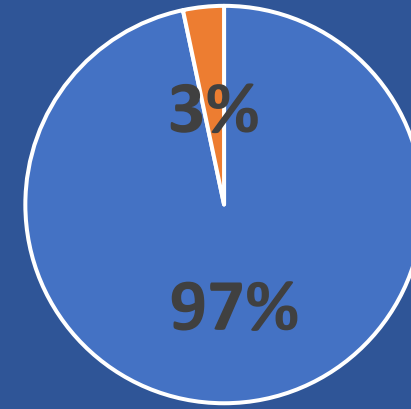
Analysis of pupil questionnaire.

Enjoys PE Lessons



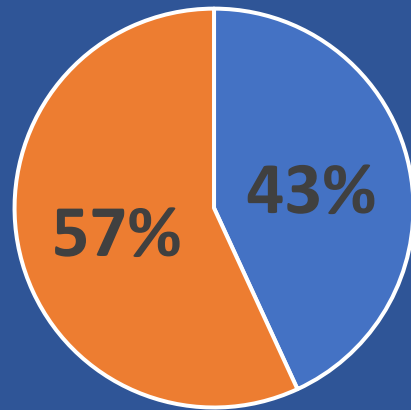
□ Enjoys PE Lessons ■ Does Not Enjoy PE Lessons

Making Progress in PE



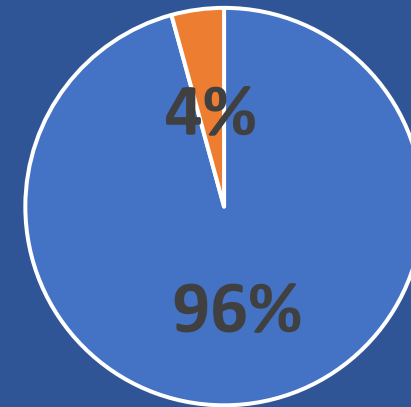
□ Is Making Progress in PE ■ Is Not Making Progress in PE

Walks to School at least 3X a Week



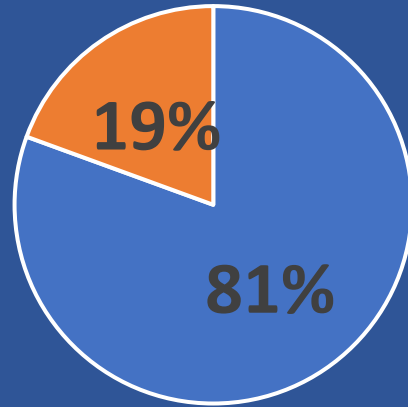
□ Does not Walk ■ Walks to School

Active During Playtime/Lunch



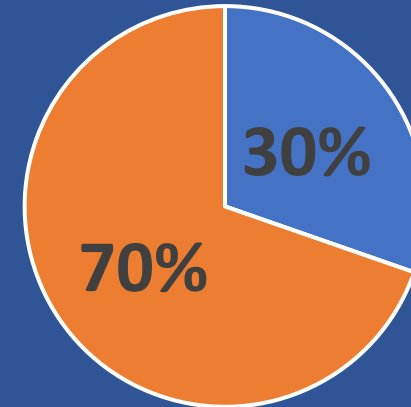
□ Is Active During Lunch/Playtime ■ Is Not Active During Lunch/Playtime

Exercises More Than 2 Hours Per Week



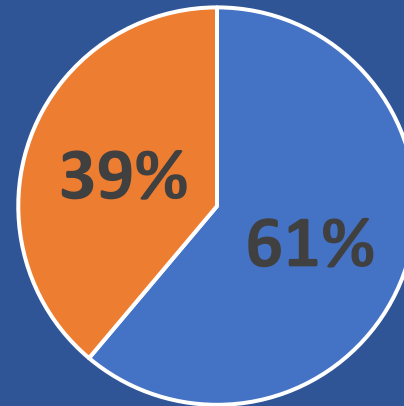
□ Exercises More than 2 hours pw □ Does Not Exercise More than 2 hours pw

Attend school PE Club in Autumn



□ Attends PE club in Autumn □ Does Not Attend PE club in Autumn

Attend school PE Club in Spring



□ Attends PE club in Spring □ Does Not Attend PE club in Spring

I have loved our cricket sessions with Chance to Shine. The lessons are so much fun and you use up lots of energy.

PE is fun! I like going to tournaments. I have been to a hockey tournament and a football tournament this year.

I enjoyed having a Tag rugby coach from Wallingford rugby club in our lessons. I made so much progress and have learned that I actually love tag rugby.

I love our yoga sessions because it's really different to the other things that we do in P.E. My fitness has definitely improved.

We play lots of team games. Our lessons are lots of fun and I enjoy the variety of sports that we do.