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## PE at Carcroft Primary School



## Self-Evaluation/ Long term plan



Carcroft's long term plan for Physical education is to provide children with the correct skills and fundamentals in PE lessons to allow children to flourish in sporting activities in and outside of school. We want to inspire children to be the best version of themselves, ensuring that children are taught and guided to live healthy lifestyles both in their primary school years and after.

We aim to show children what sports are out there and what it feels like to compete against other children in a range of sports against a range of competitors. We do this by taking children to many competitions against other schools and by inviting athletes to inspire children in the future.

We provide children with opportunities to practice skills which develop resilient, responsible pupils and have good teamwork skills. We encourage celebrating each other achievements and success in and out of school.

Over the last few years, we have encouraged physical activity in all lessons as we understand and can acknowledge the importance of this and how it can benefit children in their achievements.

[PE policy](#)

Physically active policy



## Intent



At Carcroft school we want to provide children with a range of sporting experiences and allow children to develop their sporting skills, apply interpersonal skills, including determination, self belief, teamwork, respect and passion. We want children to have the chance to compete in a variety of levels and apply their sporting skills individually and as part of a team. We want our pupils to enjoy being active and appreciate the physical and mental health benefits of an active lifestyle now and in the future.

**Ambitious curriculum:** We provide an ambitious curriculum using GetSet4PE planning that has been carefully planned over the year to build on previous knowledge and skills. GetSet4PE allows pupils to build on certain and specific skills in a lesson to become confident and independent in being able to achieve that skill, for some children this requires resilience and a lot of practice. Children take pride in their achievements when applying their skills in a competition.

**Inclusion:** The curriculum is designed to be aspirational for all children and meet all the children's needs in school so everyone can participate.



## Intent



**Coherently planned:** The sequence of activities builds up skills over a lesson or a few weeks to practise and then apply to a game or activity within the session. The planning and PE curriculum map is progressive towards future learning starting at the fundamental level in KS1 and builds to specific sports in Y3/4/5 and 6.

**KS1:** focuses firstly at the fundamentals of mastering the basic movements including running, jumping and throwing. Developing balance, agility and coordination, and beginning to apply these in a range of activities. They then move on to completing similar activities with ball skills getting the basics correct.

**LKS2:** In Y3/4 children begin to apply their fundamental skills to specific sports such as tag rugby, football, netball, basketball etc.

**UKS2:** In Y5/6 children then learn a new range of sports such as hockey and badminton. They also continue to do a range of sports that they are familiar with from Y3/4 such as tag rugby, football and basketball, again building on their subject knowledge and skills to improve further.



# Intent: curriculum map



Year 1/2	Ball Skills	Net and Wall Games	Gymnastics	Tennis	Striking and Fielding Games	Athletics
	Fundamentals	Invasion Games	Dodgeball	Target Games		Fitness
Year 3/4	Tag Rugby	Basketball	Gymnastics	Tennis	Rounders	Athletics
	Football	Netball	Dodgeball	Ball Skills Y3/4	Cricket	Fitness
Year 5	Tag Rugby	Hockey	Gymnastics	Tennis	Rounders	Athletics
	Football	Basketball	Dodgeball	Badminton Y5/6	Cricket	Fitness
Year 6	Tag Rugby	Hockey	Gymnastics	Tennis	Rounders	Athletics
	Football	Basketball	Dodgeball		Cricket	Fitness



## Implementation

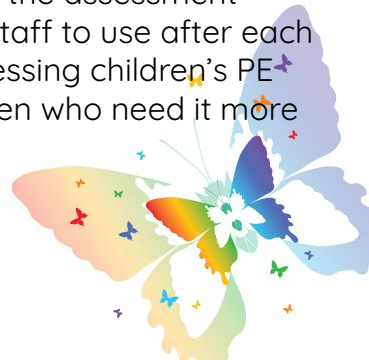


**Subject knowledge:** Staff in 22/23 got coached by a PE coach who we paid to come into school to teach alongside our staff, this allowed staff to see how to teach a PE lesson, how to challenge children who were getting the skills quickly and how to support other children who were not. From this we purchased the GetSet4PE planning, which staff have used for the past two years to deliver PE sessions. Staff are becoming increasingly confident using the plans as they are broken down into warm up, skill based, applying and debrief.

Staff voice has said that staff feel happy following and teaching the GetSet4PE planning, we carried out a CPD session for staff to have time to look through their planning and discuss any problems they might face. Since this training staff still continue to feel confident delivering the GetSet4PE planning. The way the PE curriculum is mapped out, also supports teachers to share good practice and knowledge as all Y3 staff are teaching the same lesson at the same time. This has meant that staff have supported each other when delivering high quality PE lessons.

**Assessment:** Our PE coach assess all classes in their second session of PE a week and this is done using the assessment tracker that he has set up for the school. This is something that needs to be set up and outlined for the staff to use after each session moving forward into the spring, summer term of this year when staff feel more confident in assessing children's PE skills. However staff do feel confident when assessing for learning within the sessions and support children who need it more and challenge others that require the challenge to further develop their skill.

[PE premium money tracker](#)



## Physical Education

- High quality PE and Sports for all pupils.



The PE curriculum is carefully planned from the National Curriculum 2014 and lessons are built on from previous learning and skills development. We start the PE curriculum by building on their basic PE skills and ball skills, this is then utilised through a range of competitive games: football, basketball, netball, dodgeball. Children then learn dance and gymnastic skills. Lastly we move onto athletics and striking and fielding. Children have between 1 hour and 2 hours of PE lessons a week, which look at different aspects of the curriculum and build on skills.

Children have regular opportunities to compete in competitions through a school games network and other schools within the trust. Children have opportunity to take part in 15+ competitions a year in a range of sports, allowing all children to apply their skills and PE knowledge from their lessons. This is really important for us as a school as not all of our children get opportunity to compete against other schools.

Children take part in outdoor and adventurous activity challenges through XP Outdoors, these take place in our forest where by children learn life skills and learn the important skills of resilience, confidence and practical skills. Children also access these similar skills with scotties heroes, who develop resilient and responsible young people who can persevere in challenging activities.

Children in Y5 participate in a term of swimming lessons each year, which also involve life-saving and water safety aspects. Children who then do not pass swimming to expected standards receive another year of swimming lessons to improve their confidence, this is because we believe all of our children should feel confident in water.

# Physical Education

- High quality PE and Sports for all pupils.



**PE lessons:** Children have two PE lessons a week, one delivered by a paid coach from Active Fusion and one by their class teacher. Each lesson focuses on a different part of PE or skill so the teacher can keep track of building on the skills in their sequences of lessons. This means children complete 2 different parts of PE at once. For example, year 1 complete fundamentals with their class teacher and ball skills with the active fusion coach.

Starting this week, as a school we are beginning to look at sportsmanship. The children in their crew sessions are going to learn what sportsmanship is, what sportsmanship looks like, how we can change our mindsets about winning and losing and build on crew strengths.

**What is sportsmanship?** Sportsmanship is fair and generous behaviour or treatment of others, especially in sporting contests.

What are the 5 characteristics of a good sportsperson?

- Have a positive attitude at all times during sports play
- Give their best effort
- Encourages and support their crew mates
- Accept calls given by referees or coaches
- Treat the opposition team with respect





# Physical Education

- High quality PE and Sports for all pupils.



**Scotty's heroes:** Scotty's heroes is used through our crew sessions to build crew and improve how we work together. Scotty's has had a massive impact on carcroft children's fitness, resilience, problem solving and being accountable for themselves. Through Scotty's lessons children work as a team to unpick a range of different problems or military style fitness. The children thrive in scotty sessions and show their full potential.



# Physical Education

- Extra curricular activities and competitions.



**Competitions:** Children access competitions through Leger sport, each key stage access 2 or more competitions per term, the competitions align with the PE curriculum map so it allows children to apply their learning and skills in a competitive environment against other schools.





# Physical Education

- Extra curricular activities and competitions.



**Sports day:** Each year we carry out sports day across the school as part of sports week. The children are assigned colours which they then work in a team to score the highest points possible. Sports day at Carcroft is not competitive against each other in their team but against the different colours. This is because losing and being a good sports person are two characteristics that we focus and work on in PE and something that everyone does not always find easy. We have done this style of sports day for 3 years now and has been a success every year.



## Physical Education

- Extra curricular activities and competitions.



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**Extra curricular activities:** Using sports premium money, this year we have provided sports clubs at lunchtime for children to access to practise their skills further and learn more about sports that they have interest in. The three clubs we run are: football, basketball and cooking club (autumn term only). 40 children attend the football and basketball club a day, meaning 120 children access clubs with trained professionals once or twice a week. This has really encouraged children to apply their skills to a sport and be inspired. In autumn term children have shared that they now go and train with the local football club that we invite in for our lunchtime club.





# Physical Education

- Equal access to sports for Boys and Girls.



Boys and girls receive equal opportunities at Carcroft school. All children receive 2 hours of PE a week and all children learn the same skills and fundamentals. All children are invited to take part in competitions at Campsmount school and XP high school. We also hold all girl football competitions throughout the year in line with encouraging girls to get involved in more sporting activities on our school grounds. Just like everything else we provide, girls are also invited to participate in our lunchtime clubs and are encouraged to join in.

## Girls football tournament celebration! 🏈🏆

📅 4th December 2022 👤 Simon Gerrard

We really wanted to celebrate the success of the girls tournament and here they are. Our Year 3/4 team and our Year 5/6 team. What a great tournament you all had!



# Physical Education

- Extra curricular offer.



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**Sports for champions:** Yearly we invite an athlete in from sports for champions for the children to meet a range of people who have had success in sports. We raise money by completing a health circuit with the athlete and the children who raise the most get to meet him 1:1. Inviting athletes in gives a real buzz around school and encourages children to want to attend and enjoy sports clubs. It also allows children to see what you can achieve from the skills that they learn in their PE lessons.

**Swimming catch up:** In year 6 we offer and pay for children who did not pass the minimum expected standard in swimming to go the following year in Year 6 to build their confidence and swimming skills, in hope that more children will feel confident in water and be able to swim.

**Active travel:** Children have participated in active children to and from school achieving a range of badges, taken part in bike and scooter days and other council initiatives.



## Physical Education - breaktime and lunchtimes

- Breaktime and lunchtimes.



Break Times are planned and organised for children to practise their PE skills and explore team work further and also be able to practise good sportsmanship further in a non threatening environment. Children at carcroft are encouraged to take part in organised activities at breaktime and lunchtimes which are set up and ran by learning coaches on the playground. Children have a 15 minutes morning break and between 15 and 30 minute lunchtime break depending how quick the children eat their lunch.

