



Physical Education

Regis Manor Primary School



Intent

Through Physical Education pupils will develop basic balance, agility and coordination allowing every child to become physically active through a variety of sporting activities and games, ensuring core values are embedded. These include social and communication skills, creativity and imagination, sportsmanship and leadership. Children will demonstrate a greater awareness of good sportsmanship, fairness and respect whilst playing competitive sport. Children will be taught PE through an engaging and varied curriculum which will promote an active and healthy lifestyle.



Collaboration - Empathy - Independence - Creativity - Perseverance



Implementation

P.E is taught twice each week to reach the National expectations of 2 hours a week for each child. It is important to us to provide 2 hours of P.E a week as children need access to exercise to stay healthy and access to competition to develop our core skills at Regis Manor.

Jasmine, Real P.E, is the core programme used to deliver the P.E curriculum. Jasmine ensures we are able to deliver a broad curriculum whilst incorporating Real Gym and Real Dance means children are fully immersed.

For each child, Jasmine is designed to fully develop the cognitive, creative, social, physical, personal and health and fitness of their physical education.



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What is Real PE?

Real PE is, first and foremost, a philosophy and approach which aims to transform how we teach PE in order to include, challenge and support EVERY child. It supports teachers to make small changes that will have a significant impact on their learners. Its is a unique child centred approach that transforms how we teach PE to engage and challenge

It helps to Develop the key abilities children need to be successful within PE and Sport and across the curriculum by working on Cognitive, Social, Creative, Personal, Physical and Health and Fitness skills.

It is an incredible too that helps to inspire teachers to enjoy teaching PE and transforms their confidence to deliver outstanding lessons.



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What is Real Gym?

Real Gym is a vibrant and holistic approach that makes gym, relevant, meaningful and challenging for every child.

What is the approach?

It is a unique whole school approach to gymnastics which is stage appropriate and progressive. It is directly aligned with Real P.E approaches to enhance outcomes.

It allows children to be immersed in a fun and creative environment where they can explore making shapes, creating movement patterns and choreograph individually or in a team.



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What is Real Dance?

It enables every child to learn the fundamental language of dance and to create with that language in extraordinary ways. It is a unique child centred approach that inspires self-expression through creativity, authorship, ownership and individuality.

What is the approach?

A whole school programmes that transforms dance to ensure every child can enjoy the joy and freedom of creativity.

It helps to harness the special power of dance to impact positively on the physical and emotional health and well being of every child.



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Swimming at Regis Manor

In the National Curriculum for Physical Education, schools must provide swimming lessons either in key stage 1 or key stage 2.

At Regis Manor swimming is taught in Year 5 by coaches at Swallows Leisure centre. Our swimming lessons are planned and delivered to meet the 3 outcomes within the National Curriculum.

The 3 outcomes are:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situation.

Outdoor Adventurous Activities:

Regis Manor has a dedicated outdoor learning space along with extensive grounds. We have specialist teachers who are trained in forest school and children have an opportunity to access this throughout their time at the school. We know that outdoor learning is hugely beneficial for children and make the use of our outdoor spaces where we can in our curriculum wherever possible.

In Year 6, the children take part in a residential trip as part of their outdoor learning curriculum. However, we know how beneficial residential trips can be to children learning independence, team working skills and experience meaningful adventures. As such, children at Regis Manor are able to access different opportunities throughout their time at the school - starting with interactive evenings at the school then developing into sleepovers and finally they cap this off with the year 6 residential visit. These are planned to provide our children with a range of opportunities that they would otherwise not be able to access through school.

Click [here](#) to find out more.



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EYFS - Overview of coverage within the setting.

Static Balance

Pirate - *one leg*

Jungle - *seated*

Tightrope - *stance*

Cat - *floor work*

Dynamic and Static Balance

Seaside - *with a partner*

Train - *on a line*

Coordination and Agility

Space - *jumping and landing*

Squirrel - *ball chasing*

Fairytale - *reaction/response*

Clown - *ball skills*

Bike - *footwork*

Juggler - *sending and receiving*

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Key Stage 1 - Real PE Curriculum

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1 Core Real P.E	Personal - <i>Footwork</i>	Social - <i>Jumping and Landing</i>	Cognitive - <i>Balance</i>	Creative - <i>Ball Skills</i>	Physical - <i>Reaction and Response</i>	Fitness - <i>Agility</i>
	Real Gym - <i>Shape and travel</i>	Real Dance <i>Solo Shapes Artistic Abstraction</i>	Real Gym - <i>Flight and Rotation</i>	Real Dance <i>Artistry Musicality Partnering</i>	Athletics/ Games	Athletics/ Games
Year 2 Core Real P.E	Personal - <i>Footwork</i>	Social - <i>Jumping and Landing</i>	Cognitive - <i>Balance</i>	Creative - <i>Ball Skills</i>	Physical - <i>Reaction and Response</i>	Fitness - <i>Agility</i>
	Real Dance <i>Solo Shapes Artistic Abstraction</i>	Real Gym - <i>Balance and travel</i>	Real Dance <i>Artistry Musicality Partnering Circles</i>	Real Gym - <i>Flight and Rotation</i>	Athletics/ Games	Athletics/ Games

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Key Stage 2 - Real P.E Curriculum

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3 and 4	<p>Cognitive <i>On a line</i> <i>3 limb race</i></p> <p>Real Gym <i>Travelling</i> <i>Rotation</i></p>	<p>Creative <i>Sending and receiving</i> <i>Juggle challenge</i></p> <p>Real Dance <i>Solo Shapes</i> <i>Artistic</i> <i>Abstraction</i></p>	<p>Social <i>Jumping and Landing</i></p> <p>Real Gym <i>Flight</i> <i>Balance</i></p>	<p>Physical <i>Reaction/Response</i> <i>Quick off the mark</i></p> <p>Real Dance <i>Artistry</i> <i>Musicality</i> <i>Partnering</i></p>	<p>Health and Fitness <i>Ball chasing</i> <i>Tunnels</i></p> <p>Athletics/ Games</p>	<p>Personal <i>Footwork</i> <i>Balloon balance</i></p> <p>Athletics/ Games</p>
Year 5 and 6	<p>Cognitive <i>Throw tennis</i> <i>Endball</i></p> <p>Real Gym <i>Rhythmic Sequences</i></p>	<p>Health and Fitness <i>Beanbag Raid</i> <i>Dodgeball</i></p> <p>Real Dance <i>Solo Shapes</i> <i>Artistic</i> <i>Abstraction</i></p>	<p>Social <i>River crossing</i> <i>Kabadi</i></p> <p>Real Gym <i>Acrobatic Sequences</i></p>	<p>Physical <i>Jumpball</i> <i>Jump, roll and balance</i></p> <p>Real Dance <i>Artistry</i> <i>Musicality</i> <i>Partnering (lifts)</i></p>	<p>Personal <i>Throff</i> <i>Scatterball</i></p> <p>Athletics/ Games</p>	<p>Creative <i>Seated</i> <i>Volleyball</i> <i>Scorpion</i> <i>Handball</i></p> <p>Athletics/ Games</p>

Inclusive Practice

Inclusive Practice at Regis Manor

Additional Inclusive Teaching Strategies for All Pupils Specific To PE

- Eliminate time limits
- Use models to show the activity

Additional adaptations for SEND pupils Specific To PE

- Peer assist
- Reduce number of players per team
- Slow the pace of activity
- Provide rest periods as needed
- Equipment adaptations e.g. make lower / larger goals, lighter balls

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Enrichment Activities

Balanceability in EYFS

Balanceability is an afPE approved Learn to Cycle programme for children aged 2 ½ years and upwards. At Regis Manor, we offer Balanceability to children whilst they are in Reception. The programme combines balance bikes and fun activities to build up confidence, spatial awareness and dynamic balance skills. The programme is taught by Balanceability trained professionals and sessions are delivered over a week.

<https://www.balanceability.com/what-is-balanceability>



Bikeability in Year 6

Bikeability is an organisation who strive to ensure everybody has the confidence to cycle. It is a practical training programme which provides children with a life skill which enables them to ride safely and competently on the roads. The programme is taught over the course of a week to Year 6 children using their own personal bikes. This allows them to learn how to cycle safely on today's roads with a bike they are familiar with.

<https://www.bikeability.org.uk/about/>

The Daily Mile

At Regis Manor, we have adopted the [Daily Mile approach](#) with the aim to improve the physical, social, emotional and mental health and wellbeing of our pupils.

Children go outside for 15 minutes with the aim to run, walk or skip a mile or more each day. It is a social, non competitive activity that the children enjoy participating in.

Once the children have completed their mile, they return to their lessons with a ready to learn attitude.

‘The Daily Mile is fully inclusive; every child, whatever their circumstances, age or ability can succeed at The Daily Mile.’

Healthy Living Week at Regis Manor

In term 6, all pupils from Nursery to Year 6 participate in different Healthy Living Week activities. The aim of Healthy Living Week is to promote healthier living through diet, exercise and mindfulness. During the week, children learn about healthier food alternatives and get the opportunity to try a variety of different fruits and vegetables.

Towards the end of the week, we host a school sports day for all children to get involved in. Sports day at Regis Manor consists of a range of different sporting activities such as field events including javelin and shot put and also track events including hurdles and obstacle courses. Children participating in sports day is a great way to get them to try new sports and experience working as a team as well as individually.

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Enrichment Activities

At Regis Manor, we offer a wide range of enrichment opportunities for our pupils from Nursery to Year 6 within our PE curriculum. We believe it is important for children to have the knowledge and skills around physical and mental health, so we want to offer as many enrichment activities as we can to our pupils.

Enrichment activities we offer:

- Balanceability
- Bikeability
- Swimming
- After school clubs
- Daily Mile
- Competitions/festivals
- Sports day
- Healthy living week



Impact of our curriculum

The use of the Real PE, Gym and Dance curriculum has impacted both staff and pupils as it offers clear, well differentiated plans for teachers to follow. The plans ensure all of our pupils can access and enjoy their PE lessons.

Additionally, one of the biggest impacts has been employing external sports coaches to lead PE lessons. The external coaches have developed the quality of lessons, pupil engagement and increase staff confidence in delivering PE.

Another huge impact has been offering children more opportunities to be active, for example at lunch times or after school. Children are enjoying lunchtimes much more as they are engaged in different activities organised by lunch staff or external coaches. We have also had a lot of interest in after school clubs which are centred around physical activity, particularly Multisports, Netball and Gymnastics.

National Curriculum

P.E is taught twice each week to reach the National expectations of 2 hours a week for each child. It is important to us to provide 2 hours of P.E a week as children need access to exercise to stay healthy and access to competition to develop our core skills at Regis Manor.

We follow a termly plan based on Real P.E, Gym and Dance. We also source coaches in to deliver and develop high quality teacher of P.E across the school.

Click [here](#) to see the national curriculum document.



Assessment

Each term, children from Year 1 to Year 6 start a new Real PE unit. Each Real PE unit has a set of learning outcomes which children need to have shown evidence of doing throughout the term in order to achieve them.

At the end of each unit, teachers use the evidence collected during the term to determine whether a child has met the learning outcomes for the term or if they have not.

PE

*I know where I am with my learning and I have begun to challenge myself.

Unit 1 -

Personal Skills

*I try several times if at first I don't succeed and I ask for help when appropriate.

*I can follow instructions, practise safely and work on simple tasks by myself.

Here is an example of the learning outcomes for Real PE Unit 1 - Year 2

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