



PE AT OCEAN ACADEMY

Date of last review:	January 2023	Review period:	Yearly
Owner:	Ocean Academy		

Purpose of this document:

The purpose of this document is to outline the planning intent and implementation of the PE curriculum at Ocean Academy. In response to the Ofsted PE Research Review, our planning and approach has been reviewed to ensure that the PE curriculum offers the best education for our pupils. To ensure that all staff understand the high expectations agreed, whilst establishing and maintaining a consistent approach to the teaching and learning of PE across our school; ensuring that all learners have exposure to high quality PE teaching and learning opportunities. The effective teaching of PE requires not just a well-structured and progressive programme but its consistent implementation across the school. Consequently, this will ensure that excellent attainment and progress is achieved by all children, regardless of ability, gender or socio-economic backgrounds.

Underpinning evidence:

- 1. Ofsted Research review: PE
- 2. The forgetting curve, Ebbinghaus
- 3. Cognitive Load Theory, Sweller
- 4. Principles of Instruction, Rosenshine
- 5. Metacognition and Self-regulated Learning, EEF
- 6. Feedback, EEF Teaching and Learning Toolkit
- 7. Mastery Learning, EEF Teaching and Learning Toolkit

Introduction and aims:

'In PE, pupils learn increasingly intelligent movement and important knowledge that can reduce barriers to participation and inform their own healthy, active lifestyle choices. PE provides a gateway into the world of sport and physical activity.' Ofsted 2022

At Ocean Academy, we aim to provide a high-quality physical education curriculum which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It is designed to provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. It is carefully sequenced to ensure that there are opportunities to compete in sport and other activities which build character and help to embed values such as resilience, independence, sportsmanship and respect.

Intent - Sequencing and planning

The first pillar of progression: motor competence

The importance of competence:

'There is evidence showing that when pupils move through a well-sequenced curriculum their self-efficacy increases because of increased knowledge and competence. To have the best chances of establishing and maintaining physically active lives both across a broad range of activities and in the long term, it is important that pupils develop secure foundations for movement.' Ofsted, 2022

At Ocean Academy, our curriculum is sequenced and designed to ensure that, over time, pupils will master fundamental movement skills and essential knowledge within the PE curriculum. Content is sequenced based on how knowledge builds over time, from simple to complex and through different sports and physical activities. For example, throwing and catching are important aspects of motor competence and attack and defence are important features of rules, strategies and tactics that are developed progressively across the curriculum, building over time on existing competency and knowledge.

Learning in PE is planned in blocks so that pupils have the opportunity to master the skill by applying it in a variety of ways. Lessons are planned to ensure that enough time is spent becoming 'fluent' in the skill as a standalone entity before applying each skill.



PE is taught once a week for 2 hours and, within this time, pupils rotate between planned sessions:

- Fundamental Movement Skill (motor competence) session to develop fluency and automaticity of the selected skill during that block (e.g. underarm throw and catching of a small ball)
- Application (rules, strategies and tactics) session to apply the selected skill during that block of learning into a small-sided, competitive game (sometimes linked to a specific sport)
- Gymnastics, Dance and Athletics (motor competence and healthy participation) session to develop flexibility, strength, technique, control and balance
- **Swimming** is taught discretely and in addition to the above sessions to ensure that all children can swim 25 metres or more by the end of KS2
- Outdoor and Adventurous Activities are covered in each year through residential visits and activity weeks. Orienteering is also a regular part of the curriculum.

The development of fundamental movement skills:

'The typical progression from inefficient to more proficient and mature patterns of movement requires high-quality instruction, practise and feedback.' Ofsted, 2022.

Fundamental movement skills have been mapped across the school to ensure that new skills are given the time needed to master them. The planning ensures that all fundamental movement skills (locomotor skills, stability skills and manipulation skills) are covered across the curriculum.

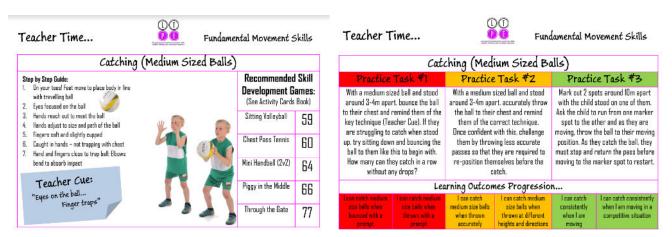


Furthermore, across year groups and between terms, these fundamental movement skills are revisited and revised to build on prior knowledge and skill and enable new learning to attach to existing schemas. Within each block of learning, these skills are applied in small-sided and competitive games.

'This means selecting sports and physical activities that develop a range of motor competencies, a range of rules, strategies and tactics that are important for pupils to understand and a range of knowledge to enable healthy participation.' Ofsted, 2022.

The planning progression emphasises that the development of motor competency and the Fundamental Movement Skills are the core of the curriculum and are repeated every year. Specific sports are not taught within our curriculum. Instead, aspects of sports and games are taken to create competitive and small sided games within which pupils can apply their knowledge and skill. Furthermore, Ofsted found that the domination of team sports within a curriculum can reduce the opportunities for positive learning experiences.

Teacher time cards have been created to ensure that the progression of each fundamental movement skill is detailed so that all teachers can design PE sessions that develop, refine and practise the skills in increasingly complex situations, building on pupils' current level of competency.



Regular CPD and the employment of a PE specialist to work alongside teachers to plan and deliver high quality PE sessions, ensure that all teaching and learning in PE is highly effective. Every lesson is quality assured by the PE lead to ensure that it includes practice opportunities to develop motor competence and application of these. Resources and shared planning ensures that teachers are knowledgeable about each skill and can therefore provide excellent models and specific feedback. 'Fundamental Movement Skill - Teaching and Learning videos' have been created to provide teachers with the subject knowledge and quidance they need to effectively teach each skill, offer specific feedback and spot incorrect technique.

The second pillar of progression: rules, strategies and tactics

'Movement execution is a vital part of successful participation in sport and physical activity. However, it is not enough to be competent alone. As novices, pupils need to be explicitly taught the knowledge that informs and successfully directs their movement: that is, knowledge of rules, strategies and tactics.'

Ofsted, 2022.

Within every lesson, across all blocks of learning in PE, the curriculum is planned to ensure that pupils have the opportunity to apply their motor competence to developmentally complex games and situations. For example, in Year 3 dance, teachers may ask pupils to design a dance with 3-5 movements and consider space. However, in Year 6, the complexity of their movements may remain the same but they will be asked to consider the levels, speed and dynamics of their movements as well as the space they are working within.

Rules, strategy and tactics are explicitly taught and planned within all sessions in PE at Ocean Academy. Teachers are provided with regular CPD and support from the PE lead to quality assure planning across the school. 'Teacher Activity Cards' have been created to ensure that teachers have the subject knowledge and tools to select highly effective games and situations to plan their PE sessions.



00 Dance Idea... Creating the Success Criteria... A Little Less Conversation Stimulus Music Dunamics (How?) Space (Where?) How will you change the LEVELS the Watch Youtube Clip: Junkie XL, Elvis Presley - A Little Less Junkie XI. ft. Elvis Presley - A little less conversation Conversation (Elvis vs JXL) ft. Elvis Presley Listening to the Music- Children to travel around the space to match the music Gentle or Strong? How will you be **POSITIONED** to other obje With what **SPEED** will you present your a When the teacher stops the music, children create a balance to match the music Watch the Stimulus and listen to the music. Discuss suitable ACTIONS which match the them: Create a Word Bank and explore these. (Below are some example ACTIONS.) Class Discussion Slow or Foot? For Diver Under Rehind Infront Al-With what FLOW will you present your actions to suit this Create a Class Dance Success Criteria by discussing the questions on the reverse of this card. Travelling Gesture Stillness Heel Flick How will you change the SIZE of your actions to suit this dance? Relationships (With who?) Gallop Shuffle Weddle Run Heel Flick Will you use Unison or Canon? . Will you work in Pairs? 3? 4? Whole Class? Give children time to work with these actions to "TELL THE STORY" of the Music and Stimulus. How will you change the DIRECTION of your movements to suit this Composition Encourage children to consider DYNAMICS, SPACE & RELATIONSHIPS (See Reverse) Performing to ... All at the same time? The Whole Class? Another Pair/Group? Children to offer positive and critical feedback to their peers based on the class success criteria Evaluation Create this by discussing the questions on the reverse with the children Will you... Capy? Mirror? Lead & Follow? Act & React to suit this dence?

The third pillar of progression: healthy participation

Similar to the pillars of motor competence and rules, strategies and tactics, there are important concepts (for example, 'aerobic' and 'anaerobic') that are useful for pupils to develop an understanding of how to enhance their current and later healthy participation. Ofsted, 2022

Themes and vocabulary

At Ocean Academy, developing healthy, active lifestyles is part of our whole school ethos and is integral to our PE curriculum. Within and across all PE sessions, the importance of health and fitness is reinforced by developing our pupils' understanding and knowledge in this area.

Mapped across the PE curriculum, key themes and vocabulary are intertwined throughout the blocks of learning. For example, when learning and mastering floor shapes in gymnastics, the bones and muscles are named and discussed with the pupils. Teachers will also discuss the benefits and necessity of stretching and strengthening these muscles and bones through staying active.

This planning is linked and sequenced alongside the science and PSHE planning of the school to ensure that it builds on existing knowledge and understanding, deepening the learning and context of the knowledge. Pupils engage in weekly PSHE sessions led by their class teacher which is planned to link with the PE curriculum.

Extra curricular activities and active playtimes

Outside of PE sessions, pupils regularly engage in active playtimes (led by the PE lead) where they have the regular opportunity to develop their fundamental movement skills further through play. A wide range of play equipment and organised games are on offer and available to all children during every playtime including skipping ropes, bats and balls, netballs and posts, bikes and scooters, bean bags and targets, throwing and catching implements and footballs. This enables pupils to further practise, extend and refine their PE knowledge and skills through play.

Furthermore, there is an extensive offer of active clubs and sport-specific training activities available daily providing all pupils with access to further active opportunities to promote healthy participation. Sport-specific squad training led by the PE lead is also available for pupils who would like to develop their motor competency and knowledge of rules, strategy and tactics through a specific sport. From this, squads are selected to attend local competitive events and fixtures. Participation in local competition and sporting events is a major part of our school community and raises the profile of PE, school sport and health within the community.

Implementation - Pedagogy

'The instruction, practise and feedback that pupils receive within lesson time should enable all pupils to develop their competency, reinforcing the important message that everyone can improve.' Ofsted, 2022.

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- Outdoor and Adventurous Activities are covered in each year through residential visits and activity weeks. Orienteering is also a regular part of the curriculum.

To ensure that the intended planning is delivered effectively, lessons are planned with the underpinning understanding that high quality teaching and learning in PE includes the following:

- Effective modelling and powerful demonstrations: Because of regular CPD, support, rigorous
 planning and quality resources, teacher subject knowledge of the fundamental movement skills,
 rules, tactics and strategies is strong. Because of this, teachers can provide specific models and
 break a skill down into manageable learning chunks for pupils to learn and develop over time. Use
 of videos, demonstrations and teacher time cards enables teachers to provide excellent models.
- **Sequential practice:** Learning is blocked, revisited and revised within and across year groups so that it builds upon existing knowledge and is planned sequentially and progressively. This is to ensure that learning is mastered and does not overload the working memory when learning new skills and knowledge.

- Repeated practice: Every lesson has opportunities for pupils to repeatedly practise each skill to become fluent and competent in each skill. As pupils gain fluency, the complexity and difficulty of the practice or task will increase.
- Purposeful feedback: Because of regular CPD, support, rigorous planning and quality resources, teacher subject knowledge of the fundamental movement skills, rules, tactics and strategies is strong. Because of this, within every lesson, teachers can offer specific and purposeful feedback to pupils to improve their knowledge, motor competency and understanding. The feedback focuses on what they can do and their next steps in learning.
- Maximum time being active: Lessons are designed to ensure children access the maximum
 amount of practise time. This is achieved by ensuring that resources are well stocked and available
 for individual practice. Lessons are designed so that application opportunities are small sided to
 ensure maximum participation. The physical activity and engagement within the lesson is
 purposeful and linked to the intended learning.
- Competitive elements at the right level of challenge: Competition is effective when strategically planned to provide varying degrees of challenge. Lessons are designed to incorporate opportunities for pupils to apply their learning. This may include competitive games which have been carefully planned to ensure there is an appropriate level of challenge. Planning includes reference to simple changes that can be made to a game to increase or decrease the complexity (e.g. changing space, size of ball, number of players etc). The focus of the competitive activity is the quality of knowledge/skill application, not the score or end result. Through these competitive scenarios, values of sportsmanship are taught and discussed within the learning (resilience, honesty, respect, teamwork, determination, passion).

Assessment:

'Well-designed assessment enables teachers to gather evidence to plan subsequent teaching that helps pupils to know and do more.' Ofsted, 2022

Assessment within PE is regular and often. Teachers' subject knowledge of each aspect of PE is secure and planning and resources support this to enable teachers to make effective assessments and provide specific feedback to move learning on, within and across lessons, blocks of learning and year groups.

Summative assessments are made of the fundamental movement skills to ensure that pupils are making progress and mastering these skills over time. This assessment system is progressive and builds year on year to enable teachers to plan from their pupils' current level of development.

SEND and inclusion

PE planning ensures that pupils with SEND or physical impairment can achieve just as well as their peers. The PE lead works closely with the SENCO and external agencies through regular consultations to understand the specific needs, individual goals and incorporate these into the planning. For example, occupational therapy consultations will lead the planning for physical development for a child with a physical disability. All lessons are adapted to ensure that all children can access the learning and work with their peers.

Monitoring and Evaluation of Teaching and Learning:

We regularly monitor teaching and learning across the school to make sure that all of our pupils make the best possible progress from their starting points.

Aims of monitoring and evaluation:

To make secure judgements of teaching and learning across the school

- To monitor and evaluate the progress of students
- To evaluate the performance of individual teachers against the Teacher Standards and check that high standards of professional performance are established and maintained
- To identify training needs across the teaching and support staff and drive the CPD programme

SLT and subject leaders will monitor and evaluate the impact of teaching on student's learning through:

- Learning walks
- Book looks
- Review of termly assessment data
- · Gathering input from pupil voice and staff voice

Review:

This policy is subject to yearly reviews by the subject leader and SLT.

Upon review, amendments will be made in line with the Academy Improvement Plan and shared with all staff.