


# Reach for the Stars


## PE Intent:

At Oakridge, our aim is for each child to become competent and confident when it comes to being physically active. Our desire is to educate children about the importance of being physically fit and healthy, as well as the many benefits that this has on mental wellbeing. From basic agility, balance and co-ordination, right through to competitive sport, P.E. takes on a role of huge importance at Oakridge. Through well planned and carefully delivered teaching we believe each child will leave Oakridge with high levels of physical competency, along with important life skills enhanced by P.E. such as abiding by rules, being gracious in defeat as well as victory and always showing a determination to be the best that they can be.



## PE Curriculum Drivers:

| Key Driver                   | Promoting  | Rationale and Evidence  |
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| Developing lifelong learners | <p><b>Metacognition through the canopy of The Oakridge Way</b></p>  | <ul style="list-style-type: none"> <li>• <b>Resilient:</b> During PE, children have many opportunities to display resilience by: keeping going when learning a new skills is challenging; staying focussed during performances, games and practices; keeping positive when they are not winning in teams games and saying 'I can'.</li> <li>• <b>Reflective:</b> Through a spiral curriculum, children can return to skills and aim to be better than they were before. They can use feedback to keep improving.</li> <li>• <b>Resourceful:</b> Children are encouraged to make links from practising skills to playing games.</li> <li>• <b>Reciprocal:</b> Children take part in team games which gives many opportunities to show respect to team mates, co-operate with others and listen to others.</li> </ul> |
|                              | <p><b>Unique discipline in each subject</b></p>  | <p>The aims of PE are:</p> <ul style="list-style-type: none"> <li>• To encourage children to lead healthy lifestyles</li> <li>• To enable children to develop and explore physical skills with increasing control and co-ordination;</li> <li>• To encourage children to work and play with others in a range of group situations, whilst recognising the value of others and their contributions;</li> <li>• To develop the way children perform skills and apply rules and conventions for different activities;</li> </ul>   |

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|                                       |   | <ul style="list-style-type: none"> <li>To increase children’s ability to use what they have learnt to improve the quality and control of their performance;</li> <li>To teach children to recognise and describe how their bodies feel during exercise;</li> <li>To develop the children’s enjoyment of physical activity through creativity and imagination;</li> <li>To develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.</li> <li>To develop children’s thinking skills by analysing tactics.</li> </ul>  |
| <b>Key Driver</b>                     | <b>Promoting</b>  | <b>Rationale and Evidence</b>  |
| <b>Enrichment</b>                     | <b>Education visits, visitors, theme days, after school clubs, paired year group work</b>   | <p>PE is learning enriched in many ways including:</p> <ul style="list-style-type: none"> <li>Whitemore Lakes residential visit in Y4</li> <li>Standon Bowers residential visit in Y5</li> <li>St Mary’s Gaelic Football during Y6 Ireland visit</li> <li>16 sporting clubs</li> <li>Interhouse competitions</li> <li>Specialist gym and dance teacher</li> <li>West End choreographer in Yr 6 performance</li> <li>Bikeability in Y4 and 6 allows children to ride safely on</li> <li>Shooting stars football targeting KS1 girls</li> </ul>  |
| <b>Key Driver</b>                     | <b>Promoting</b>  | <b>Rationale and Evidence</b>  |
| <b>Making a positive contribution</b> | <p><b>The roots of ‘The Oakridge Way’</b></p>  | <ul style="list-style-type: none"> <li>Children have opportunity to display each ‘root’ throughout their PE learning by playing fairly and competitively – the school has won the sporting behaviour award at several sporting events.</li> <li>Children are taught that officials must be shown respect.</li> <li>Children are encouraged to respect the opposition whether they win or lose.</li> </ul>  |
|                                       | <b>British Values</b>   | <p><b>Respect and Tolerance</b></p> <ul style="list-style-type: none"> <li>In physical education, children learn to work together respectfully, regardless of differences. They also learn to value and respect others' abilities and achievements, creating a sense of community. Promoting mutual respect in physical education fosters collaboration towards shared goals, creating an inclusive school culture. Physical education is a valuable tool for promoting mutual respect and community among students.</li> </ul> <p><b>Individual Liberty</b></p> <ul style="list-style-type: none"> <li>Individual Liberty is promoted in PE each lesson. The children are taught to recognise and respect individual differences. They are able to make judgements about</li> </ul> |

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|                             |                              | <p>their own and others' performances during PE lessons, and give feedback to each other. During PE lessons, children work in mixed ability groups to build confidence.</p> <p><b>Rule of Law</b></p> <ul style="list-style-type: none"> <li>In physical education, rules are important to create a fair and consistent environment where everyone is accountable for their actions. This is similar to the rule of law in modern democratic societies, which states that laws should be fair, clear, and consistently enforced, and applies to everyone. By following rules in physical education, students can learn to respect the rule of law and its role in creating a just and equitable society. Physical education is thus a valuable tool for teaching children about the rule of law and its importance in shaping their lives and communities.</li> <li>Our school promotes and engages in competition both within and across schools. Children are taught to respect PE equipment and the venues that they visit during festivals and competitions. They demonstrate appropriate behaviour and have a regard for the rules during PE.</li> </ul> <p><b>Democracy</b></p> <ul style="list-style-type: none"> <li>Physical education can provide opportunities for children to practise democratic values such as teamwork, cooperation, and respect for diversity. In this way, physical education can help prepare students to become active and engaged members of a democratic society who are committed to upholding its values of freedom, equality, and individual rights.</li> </ul> |
|                             | <b>Healthy Relationships</b> | <ul style="list-style-type: none"> <li>Before teams can experience success, they must become good team mates. They must learn how to support one another, praise and encourage one another and overcome problems and challenges together.</li> </ul>  |
| <b>Key Driver</b>           | <b>Promoting</b>             | <b>Rationale and Evidence</b>   |
| <b>Developing character</b> | <b>Resilience</b>            | <ul style="list-style-type: none"> <li>Through challenge, PE builds resilience and a positive mindset whether this be learning a new skill, taking part in outdoor and adventurous activities, or playing in competitive games.</li> <li>Children are encouraged to experience activities that they have not tried before, particularly outdoor and adventurous activities during residential stays.</li> <li>They learn to cope with the disappointment with not being chosen for a school team.</li> </ul>  |
|                             | <b>Independence</b>          | <ul style="list-style-type: none"> <li>During Y6, children are selected to become sports leaders. They organise competitions in and between schools.</li> </ul>   |

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|  | <b>A celebration of effort and hard work</b> | <ul style="list-style-type: none"><li>• Children have opportunity to represent the school in a sporting team.</li><li>• Golden Books rewarding effort and attitude during PE lessons.</li><li>• Golden Books sporting assemblies rewarding school success in competitions.</li><li>• Winning house teams are celebrated during Interhouse competitions.</li></ul> |
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