



The Friars Primary School

Teaching Physical Education – Plan of Implementation

The Friars Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development, and good health and well-being.

The Friars provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net and wall games, strike and field games, gymnastics, dance, swimming and athletics. The school uses 'iMoves' as a tool to support teaching and learning within the PE curriculum.

The long-term planner is sequenced so each child experiences a broad range of sports and activities throughout the year and their time at school. It ensures that the requirements of the National Curriculum are fully met, and works progressively so that each child's skill and ability can progress over their time at The Friars.

The EYFS and KS1 curriculum provides a foundation so the children can develop their fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their own skills, individually and with others.

EYFS has been planned to focus on physical development such as moving and handling, where children show good control and co-ordination in large and small movements. They should be able to move confidently in a range of ways, safely negotiating space; handle equipment and tools effectively, including pencils for writing. EYFS will also develop a knowledge of health and self-care with the importance of physical activity and a good diet for our overall health.

KS1 continue this development by focusing on mastering basic movements and being able to apply these to a range of activities. They will then develop this in to performing dances, using simple movement patterns and participation of team games, where they develop simple tactics for attacking and defending.

KS2 will continue to apply and develop a broader range of skills and will learn to use these in different ways and make links across different activities.

Children at The Friars participate in two high quality PE lessons each week, covering two sporting disciplines every half term. One lesson is taught by our skilled Sports Coach and the other by their class teacher. In addition to this,

Rachel Hughes

children are encouraged to participate in a varied range of extra-curricular activities we have to offer. Lunch time clubs are available each day and children can attend after school sport clubs three evenings per week.

Year 3 will attend swimming classes at a local leisure centre, where they will be taught to swim competently, confidently and proficiently over a distance of at least 25 metres and use a range of strokes effectively.

All children in KS1 and KS2 take part in a personalised Daily Mile challenge, in order to ensure every child is active for at least 60 minutes a day (a government target for all children). The challenge focuses on familiar locations around Greater Manchester, starting at The Friars Primary School. This encourages and excites the children to take part, whilst also giving them more purpose to take part.

Children at The Friars are invited to attend competitive sporting events within the local area. We work closely with our school cluster to participate in half-termly competitions, taking teams of children from across KS1 and KS2. We also work with Manchester United to attend their Primary School aged tournaments at The Cliff Training Ground. Over the year, we aim to attend five tournaments, with children from Year 2 to Year 6. Both of these have an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Each child from Reception to Year 6 will have the opportunity to participate in a Physical Education themed trip or experience over the duration of the school year. This includes visiting The Funhouse, taking part in water sports at Salford Quays, visiting Tree Top Trails and having a climbing wall visit our school. These trips and experiences give every child the opportunity to develop, improve their fitness and to try something new.

Here at The Friars, we help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness. We equip our children with the necessary skills and a love for sport. We hope that every child grows up to live happy and healthy lives, utilising the skills and knowledge acquired through PE.