



Physical Education at Danbury Park Community Primary School

At Danbury Park Community Primary School we teach Physical Education (PE) as part of the Early Years Foundation Stage Framework and the National Curriculum.

In each class we aim to teach two lessons each week usually:

- 🦉 One lesson indoors which is either gymnastics or dance based and
- 🦉 One outside which is games based.

However, in the summer term we make the most of the drier weather and we teach both lessons outside to incorporate athletics based activities.

We use the *Val Sabin* scheme of work as the basis for our curriculum, which focuses on the teaching of specific personal skills combined with teamwork and competition. This gives us a clear, progressive and developmental sequence of lessons for our teachers to adapt and personalise according to the class topics and themes.

We have developed a long-term map that shows which areas of the PE curriculum are covered each half-term and where possible we try to have the same focus throughout the school. However, rugby, for example, will look very different in each class as we take the sport as our inspiration and teach the appropriate skill set according to the age and development of the children.

Some of our curriculum PE lessons are taught by professional coaches. We believe that the coaches can offer a level of expertise that inspires and motivates the children which then encourages them to pursue an interest in sports outside school, which in turn leads to a healthy life-style and a life-long interest.

PE in Early Years Foundation Stage (EYFS)

PE comes pre-dominantly under the heading of physical development, although there are links with other aspects such as communication and language, expressive arts and personal, social and emotional development.

By the end of the Reception year, the children should be able to:

- 🦉 Experiment with different ways of moving;
- 🦉 Jump off an object and land appropriately;
- 🦉 Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles;
- 🦉 Travel with confidence and skill around, under, over and through balancing and climbing equipment;
- 🦉 Show increasing control over an object in pushing, patting, throwing, catching or kicking it.



PE in Key Stage 1

In Key Stage 1 we build on the skills taught in the Early Years and start to introduce small group games which the children devise themselves.

PE in Key Stage 2

By the time the children enter Key Stage 2 they are refining their body control and so can perform actions with increasing levels of precision. Although we still practise and develop specific skills, these are extended into small and large group competitive games.

In Year 3 the children have a block of 6 swimming lessons at a local pool working in ability groups with qualified instructors. This usually takes place in the Summer Term. By the end of the sessions most of the children are able to swim at least 25m using a variety of strokes confidently and they can get themselves out of difficulty.

Chelmsford School Sport Partnership (CSSP)

Danbury Park Community Primary School is a member of the Chelmsford School Sport Partnership and this enables us to participate in inter-school and district competitions such as:

- 🏆 Year 2 the Mini-Games;
- 🏆 Year 4 Superstars;
- 🏆 Key Stage 2 District Athletics Competitions;
- 🏆 Year 5 and 6 Tag Rugby Tournament;
- 🏆 Girls' Football Tournament;
- 🏆 Boys' Football Tournament;
- 🏆 High 5 Netball Tournament;
- 🏆 Year 4 Tennis Tournament;
- 🏆 Year 3 Rapid Fire Cricket Tournament;
- 🏆 League Football for boys;
- 🏆 League Football for girls;
- 🏆 League High 5 Netball;
- 🏆 Bronze Ambassador training for invited Year 5 and 6 pupils;
- 🏆 Training for teachers.

We also participate in the Tag Rugby Festival organised by the Maldon Rugby Club.

Physical Activity outside the PE Curriculum

At Danbury Park Community Primary School we encourage the children to be active so at playtimes the children have access to adventure trails and climbing towers. We also have a range of small equipment used by our Year 6 Play Leaders to encourage the younger children in EYFS and Key Stage 1 to play games.

We have a track around the school field, which the children in Key Stage 2 use every lunchtime when they challenge themselves to complete the *Daily Mile*. The children's efforts are recognised in our half-termly Celebration Assemblies. The children in EYFS and Key Stage 1 are just starting to use the track as part of their afternoon play session to encourage them to get moving and to set and achieve personal goals.



Clubs

At Danbury Park Community Primary School the children have access to many sports related clubs. These fall into two categories: the first to train our Football and High 5 Netball teams and the second to encourage the children to participate in a wider variety of physical activities. The latter include: tag rugby, gymnastics, tennis, multi-skills, cheerleading and these are run by outside providers.

Outside school many of children pursue their interest in sports and participate in a wide range of clubs and activities.