

PE Curriculum

Intent

At Iqra Physical Education is an integral part of our curriculum and we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development. We aspire for children to adopt a positive growth mindset and believe that anything can be achieved with determination and resilience.

In accordance with The National Curriculum, children in key stage 1 & 2 have two hours of timetabled physical education each week.

- We provide a carefully planned **broad** and **balanced** physical education curriculum that develops pupils' confidence to try new activities as well as enhancing their existing skills in a diverse range of environments and experiences.
- Our PE lessons are planned using the Get Set 4 PE platform to ensure that skills are carefully **progressed** year on year (see progression map), and are supplemented by other programs, such as The Daily Mile. This planning platform aligns with our school values, our whole child approach to PE and the objectives laid out in the National Curriculum. Teachers use their excellent knowledge of their pupils to adapt this planning to ensure all pupils are challenged and engaged in their lesson. External providers are very much part of the teaching team and communicate regularly and effectively with class teachers to ensure continuity and progress.
- We embrace **competition** in all our curriculum lessons, extra-curricular school clubs, internal and external school competitions. When planning for competition, we ensure it meets the motivation and competence of all pupils and aligns with our school values of respect and cooperation.
- We value the role of **leadership** in PE by providing opportunities for all pupils to support, encourage and develop others. Specific leadership training is offered to KS2 pupils, to train to become Junior Leaders and lead break time activities in the playground and to run our annual Sports Day.
- We **listen** to and value the views of **our pupils** and teachers who are given regular opportunities to review our PE curriculum to ensure it continues to reflect the needs and motivations of our school community.
- Alongside the development of physical skills, our curriculum provides opportunities for children to develop their **Social, Emotional** and **Thinking** through play, adapted games and activities.

Implementation

PE at Iqra provides challenging and enjoyable learning through a range of sporting activities including invasion games, net & ball games, striking and fielding games, gymnastics, dance, health and fitness, outdoor education and adventure and swimming.

Early years Foundation Stage (EYFS)

Children participate in one hour of timetabled physical education, but are also encouraged, through a programme of active learning, to be engaged in physical activity throughout the day. The outdoor learning area is well-equipped with bikes, trikes, cars and outdoor play equipment. Children also learn about the health benefits of physical exercise, a healthy diet, and talk about ways to keep healthy and safe.

To support the development of gross motor skills, a Balance Bike programme is planned in to the weekly learning, alongside physical activity sessions including climbing, balancing etc.

Key Stage 1:

Pupils are taught:

- movement skills such as running, jumping, balancing, throwing and catching and how to apply these in a range of adapted activities and games;
- the fundamental movement skills of agility, balance and coordination through a variety of gymnastic, dance, and outdoor activities;
- simple tactics, such as attack and defence through adapted games (net & wall, Striking & Fielding , Target and Invasion);
- to enjoy physical activity and play through fun and challenging activities;
- to work independently, cooperatively and communicate with others through team building activities.

Key Stage 2:

The aim of the physical education curriculum in Key stage 2 is to continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. Children develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

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Pupils are taught:

- running, jumping, throwing and catching to develop core skills;
- to play competitive modified games of Striking & Fielding (rounders and cricket), Net & Wall (tennis) and Invasion (football, basketball, hockey, rugby, netball and handball) and apply basic tactics for attacking and defending through these games;
- to develop flexibility, strength, technique, control and balance through athletics, gymnastics, yoga and dance;
- to use a range of movement patterns to perform dances and explore a wider range of movement;
- to take part in outdoor and adventurous activity challenges both individually and within a team;
- how to improve in different physical activities and be able to evaluate and recognise their own skill levels and that of others.

Competitive sport:

Opportunities are made for all children to be involved in competitive sport, through the curriculum within PE units and external competitions, across a wide range of sports, playing in leagues and tournaments against teams from Slough schools.

Non-competitive sport:

Within PE lessons, children engage in a variety of non-competitive activities, designed to develop specific skills - such as tactical awareness and strategy in a game of tag rugby - and to appreciate each other's' achievements - for example, a gymnastics performance at the end of a unit.

Iqra is affiliated with the Slough School Sports Network, actively taking part in all the external sports festivals (Virtual and live). This is 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 children

Swimming and Water Safety:

Swimming instruction is part of the PE curriculum in KS2 for years 3 – 6. The focus of the swimming instruction is to teach pupils to:

- 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.

Children participate in a 1 hour swimming lesson in differentiated ability groups, to enable the best progress. The safe self-rescue instruction is taught in year 6 for those who can swim 25metres competently.

Assessment and progress

Children are assessed, both at the start and end of a block of lessons, on their ability to perform good stroke technique in both front and back crawl.

Children who are not swimming, or are not yet confident swimmers, will work on water confidence and stroke technique.

The opportunity is offered for children to earn distance badges, ranging from 5–1,000 metres. Distances achieved are reported to parents and parents are given the opportunity to purchase badges and certificates. It is government expectation that all children by the end of year 6 can swim 25metres.

Extra-curricular opportunities:

Through an extensive range of extra-curricular clubs and activities, opportunities are provided for children to extend their school day and enjoy being physically active.

Many of our pupils attend sports clubs and activities out of school, inspired by their love of sport and PE in school. We are very fortunate to have wonderful facilities and strive to maximise their use to enhance the children's PE experience.

Iqra provides the pupils with opportunities to further enhance their health and well-being through many cross circular projects such as Orienteering (linking in with the schools Geography topic, Outdoor education visits – Go- Ape (building of the pupil's resilience) trips to a water sports centre where the pupils can learn how to do Stand Up Paddle Boarding, Kayaking and raft building.

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Iqra is in partnership with Eton College, having pupils from the college come in and help in the P.E. department, arranging for our pupils to learn how to play 5's a traditional game played at Eton.

Active travel is encouraged, and we take part in the annual Big Pedal and Walk to School Week events. Pupils have the opportunity to learn how to ride their bikes safely on the roads with the Cycle experience team. Pupils are also learning about the environment impact that cars can have and are encouraged to walk to school.

Physical activity is embedded throughout the school day through initiatives such as The Daily Mile. Children are encouraged to stay active (at least for 30 min per day as per the advice of the Chief Medical Officer) at break times with a varied programme of sporting / active movement sessions led by professional sports coaches and can access a variety of equipment to use.

We have a very successful Junior leadership programme where pupils take on leadership roles around the school, lead break time activities and help other pupils. They have become ambassadors and role models for the school.

The sports council team meet regularly and take an active role on all things related to P.E. and making their school better.

Adventurous activity

OAA units are built into our PE curriculum, focusing on being outdoors, team building and linking with other curriculum subjects, such as map work in geography.

In Year 4, children are introduced to taster sessions in water based activities such as canoeing and rafting at an Outdoor Water Sports Centre.

In years 5 and 6 children attend residential trips where they participate in a programme of outdoor challenge activities such as: orienteering, archery, climbing and abseiling, woodland skills, high ropes and team challenge courses.

CPD

Staff attend professional CPD workshops and web seminars to enhance their own personal development. The school has professional sports coaches come into the school to offer our pupils extra sporting opportunities with a focus on developing and encouraging Girls to play and participate more in sport.

Impact

- Children receive high quality teaching and learning in physical education and make progress in their physical skills, as well as their social, emotional and thinking.
- Children are physically active for sustained periods of time both in PE lessons and within their playtimes.
- Children are inspired by PE lessons and extra-curricular sports clubs and enjoy being physically active inside and outside of school. (Our pupil surveys reveal how much our pupils enjoy PE.)
- Children understand the benefits of a healthy lifestyle, how it affects their well-being and how it supports their health and fitness

Life beyond Iqra Primary School:

We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school.

Children leave Iqra Primary school with a strong foundation in sports skills, which they can apply to any new sport they engage in at secondary school and with the motivation, the physical confidence, competence and knowledge and understanding for **lifelong participation** in physical activity.

Children leave Iqra Primary and continue their passion for leading in PE and sports by representing their secondary school at sporting events from local to county level as well as leading sports sessions for primary school pupils in partnership with the Slough School's Sports Network.

Celebrating our Success:

Iqra has been awarded the highest award (PLATINUM) for the Sainsbury School Games Kite Mark. The kite mark is run by the department of Culture, Media and Sport and is implemented and developed by the youth sports Trust and Sport England. The mark rewards schools for their commitment to and the development of competition, school sport and physical education throughout the year. Iqra is the only school in Slough to maintain this award over 3 years.

Iqra has been awarded the KS1 SILVER kite mark by Slough School Sports Network.



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