



Madley Brook School

Physical Education at a Glance

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PE Lessons	<ul style="list-style-type: none"> In Key Stage 1 and 2 all children will have 2 hours of formal PE lessons every week. In Reception and Nursery children will have 1 hour of formal PE every week alongside other physical activity during the day which develops children's fine and gross motor skills. PE lessons include both indoor and outdoor sessions. PE lessons involve pupils in the process of planning, performing and evaluating. All PE lessons develop the ability for children to acquire, adapt and apply skills, tactics and compositional ideas. Through PE and other areas of the curriculum, children develop an understanding of the effects of exercise on the body and a positive attitude to health and fitness is promoted. In PE lessons there is opportunity for independent, group work and whole class work.
Planning	<ul style="list-style-type: none"> Long term: this level of planning will ensure coverage of content and breadth of study. Medium term: this level of planning ensures and secures progression of skills. Short term: this level of planning ensures that lessons have clear aims and purposes, allows for differentiation and outlines assessment opportunities. Full coverage will be ensured through the adoption of the national curriculum, Real PE and Complete PE. Real PE and Complete PE are schemes which Madley Brook have bought into as a whole school.
REAL PE	<ul style="list-style-type: none"> All classes from Reception to Year 6 follow the REAL PE Scheme for one PE slot per week. REAL PE teaches the fundamental skills that are involved in sport. Each half term the focus of REAL PE sessions changes to look at one of six cogs; cognitive, creative, social, physical, health and fitness and personal. Each lesson is taught with the cog for that term as a central focus and children have an awareness of what that cog means and what they are working on. Lessons involve a multi-skill warm up, games focused on the cog for that term and practise of fundamental skills.
Complete PE	<ul style="list-style-type: none"> All classes use Complete PE to support their teaching of PE lessons focused on a particular sport. Children have access to a range of different sports throughout the year.
Daily Mile	<ul style="list-style-type: none"> All children in Key Stage 1 and 2 complete the daily mile using the track at least three times a week. The Daily Mile is completed at key times of the day in order to give children the energy required to learn and help them to maintain focus. (https://thedailymile.co.uk/)
Swimming	<ul style="list-style-type: none"> In years 3 and 4 children go swimming once a week for a term during the school day in small groups in the swimming pool on site. Children are taught a personalised programme in ability groupings. In years 5 and 6 children go swimming once a week for a half term at the Leisure Centre.
Clubs and Competitions	<ul style="list-style-type: none"> The school provides a range of PE related activities including hockey, netball, football, rugby and dance for all children throughout the year during school time and at the end of the school day by teachers, teaching assistants and outside agencies. The school also plays regular fixtures against other local schools and participates in area competitions. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.
Assessment	<ul style="list-style-type: none"> Assessment is a continuous and integral part of teaching and learning and is used to raise achievement. Both formative and summative assessment provides information to support teaching and learning and will be used to inform planning. In their day to day work, teachers and teaching assistants will look for progress in learning, gaps in knowledge and areas of misunderstanding, intervention and guiding wherever appropriate. Teachers use Target Tracker to support their assessment, where the objectives are linked to the National Curriculum. Self-assessment and peer assessment will play a significant part in the learning process and children will be empowered to judge the success of their own work and to monitor their own targets for improvement. PE is celebrated through certificates, awards, photos and displays. We have a celebration assembly at the end of year to celebrate the children's successes.
Safety	<ul style="list-style-type: none"> This policy is written in accordance with the Health and Safety Policy. All staff are to use safe procedures within all areas of PE. Annual safety checks on the large apparatus takes place and all staff ensures equipment is safe to use before any activity commences. If any problems are noticed with the equipment then it will be out of order and if it is something that can be fixed then the maintenance team will be notified. School PE kit is functional and safe, no jewellery is to be worn and hair is tied up.

- Staff are suitably dressed for the activity.
- As part of the programme, children are taught safe handling and appropriate use of the equipment.
- All lessons include warm-ups.
- Risk assessments are completed for on/off site PE activities.

Madley Brook PE Timetable Year A

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Foundation	Locomotion (CPE) Real PE Unit 1	Ball Skills – Hands (CPE) Real PE Unit 2	Gymnastics (CPE) Real PE Unit 3	Dance (CPE) Real PE Unit 4	Ball Skills – Feet (CPE) Real PE Unit 5	Games for understanding Real PE Unit 6
Birch (Year 1/2)	Locomotion (CPE) Real PE Unit 1	Tennis Coach Real PE Unit 2	Gymnastics Real PE Unit 3	Ball Skills Real PE Unit 4	Dance Real PE Unit 5	Games for understanding Real PE Unit 6
Beech (Year 1)	Locomotion (CPE) Real PE Unit 1	Tennis Coach Real PE Unit 2	Gymnastics Real PE Unit 3	Ball Skills Real PE Unit 4	Dance Real PE Unit 5	Games for understanding Real PE Unit 6
Maple (Year 2)	Locomotion (CPE) Real PE Unit 1	Locomotion (CPE) Real PE Unit 2	Tennis coach Real PE Unit 3	Ball Skills Real PE Unit 4	Dance Real PE Unit 5	Games for understanding Real PE Unit 6
Willow (Year 3/4)	Tennis Coach Real PE Unit 1	Hockey Coach Dance (WW1)	Swimming Real PE Unit 3	Swimming Real PE Unit 4	Athletics Real PE Unit 5	Rounders Real PE Unit 6
Oak (Year 3)	Tennis Coach Real PE Unit 1	Hockey Coach Dance (WW1)	Athletics Real PE Unit 3	Cricket Real PE Unit 4	Swimming Real PE Unit 5	Swimming Real PE Unit 6
Elder (Year 4)	Swimming Real PE Unit 1	Swimming Dance (WW1)	Tennis Coach Real PE Unit 3	Athletics Real PE Unit 4	Cricket Coach Real PE Unit 5	Rounders Real PE Unit 6
Lime (Year 5/6)	Hockey Coach Real PE Unit 1	Rugby Real PE Unit 2	Netball Real PE Unit 3	Health Related Exercise Real PE Unit 4	Athletics Real PE Unit 5	Swimming Real PE Unit 6
Elm (Year 5)	Rugby (CPE) Real PE Unit 1	Hockey Real PE Unit 2	Netball Real PE Unit 3	Swimming Real PE Unit 4	Cricket Coach Real PE Unit 5	Athletics Real PE Unit 6
Pine (Year 6)	Hockey Coach Real PE Unit 1	Swimming Real PE Unit 2	Netball Real PE Unit 3	Rugby Real PE Unit 4	Health Related Exercise Real PE Unit 5	Athletics Real PE Unit 6

Madley Brook PE Timetable Year B

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Foundation	Locomotion (CPE) Real PE Unit 1	Dance Real PE Unit 2	Gymnastics Real PE Unit 3	Ball Skills Real PE Unit 4	Health and Wellbeing Real PE Unit 5	Sports Day/Athletics Real PE Unit 6
Birch (Year 1/2)	Locomotion (CPE) Real PE Unit 1	Dance Real PE Unit 2	Gymnastics Real PE Unit 3	Ball Skills Real PE Unit 4	Health and Wellbeing Real PE Unit 5	Sports Day/Athletics Real PE Unit 6
Beech (Year 1)	Locomotion (CPE) Real PE Unit 1	Dance Real PE Unit 2	Gymnastics Real PE Unit 3	Ball Skills Real PE Unit 4	Health and Wellbeing Real PE Unit 5	Sports Day/Athletics Real PE Unit 6
Maple (Year 2)	Locomotion (CPE) Real PE Unit 1	Dance Real PE Unit 2	Gymnastics Real PE Unit 3	Ball Skills Real PE Unit 4	Health and Wellbeing Real PE Unit 5	Sports Day/Athletics Real PE Unit 6
Willow (Year 3/4)	Rugby Real PE Unit 1	Basketball Real PE Unit 2	Swimming Real PE Unit 3	Swimming Real PE Unit 4	Handball Real PE Unit 5	Health Related Exercise Real PE Unit 6
Oak (Year 3)	Rugby Real PE Unit 1	Basketball Real PE Unit 2	Handball Real PE Unit 3	Health Related Exercise Real PE Unit 4	Swimming Real PE Unit 5	Swimming Real PE Unit 6
Elder (Year 4)	Swimming Real PE Unit 1	Swimming Real PE Unit 2	Rugby Real PE Unit 3	Basketball Real PE Unit 4	Handball Real PE Unit 5	Health Related Exercise Real PE Unit 6
Lime (Year 5/6)	Basketball Real PE Unit 1	Football Real PE Unit 2	Handball Real PE Unit 3	Swimming Real PE Unit 4	Dance Real PE Unit 5	Rounders Real PE Unit 6
Elm (Year 5)	Basketball Real PE Unit 1	Football Real PE Unit 2	Handball Real PE Unit 3	Dance Real PE Unit 4	Rounders Real PE Unit 5	Swimming Real PE Unit 6
Pine (Year 6)	Basketball Real PE Unit 1	Swimming Real PE Unit 2	Football Real PE Unit 3	Handball Real PE Unit 4	Dance Real PE Unit 5	Rounders Real PE Unit 6