Physical Education at Lambourne

Introducing the Subject Leader:

Callum Charleston - I have been teaching at Lambourne for 4 years and I'm currently the Year 4 teacher. I am the subject leader of PE and have been for 3 years. I am extremely passionate about PE, actively participate in cross country and athletics outside of work and understand how important physical activity is for children's health and well-being. I believe that giving children knowledge about sport and physical activity is vital in increasing their motivation to create healthier lifestyles for themselves and promoting healthy competitive attitudes towards competitive sport.

Our Vision for Physical Education:

Our vision is for children at Lambourne to become more active, place importance in physical activity and develop a healthy desire to compete in different sports. By encouraging children in a range of sports and providing more opportunities, we believe sport can serve as a platform for children to develop confidence, resilience and persistence, which they can transfer to other areas of life. With technology advancing, we recognise the importance for children to maintain a good level of physical activity for their physical, social and mental health, allowing them to gain and develop key life skills, as well as providing opportunities and pathways for further participation in extra curricular sports.

Our Informed Research on Physical Education

We have chosen the GetSet4PE scheme because it is research-informed and designed to develop children's skills progressively, in a range of different sports. The progressive nature of the GetSet4PE scheme allows children to build on skills learned in previous years and develop strength, coordination and confidence in using these skills in a competitive environment. The adaptive and inclusive nature of the lessons allows children with all abilities to access the curriculum. Each unit is mapped in a progressive way for each year group and is also timed with school sports partnership events in mind.

The Teaching of PE

At Lambourne we use GetSet4PE because it provides clear, concise lessons for every year group and covers a large range of different sports, including dance, outdoor sports and individual and team sports. Within each unit, children are taught key movements/skills in isolation, then progresses to small group games, before using key skills in game situations. Recently, we have introduced PE books, where children are able to evaluate the units they cover and highlight what they enjoyed as well as identify strengths and weaknesses. This structure supports the learning of skills year on year and develops the effectiveness and accuracy of which they are performed.

How we Assess Progress in PE

Progress is assessed via teacher observation and recorded via photo/video evidence. Photo evidence is stuck in PE books, showing progression of skills (KS2) or recorded in Google Drive Folder (KS1).

The Impact of P.E

The impact of teaching PE at Lambourne Primary School is that children are physically active, develop an understanding of the importance of a healthy, active lifestyle and are provided with opportunities to learn new skills in a range of sports. Through our progressive teaching of PE, children develop strength, coordination, speed, stamina and confidence through sport. They learn the health benefits of participating in sport, learn how to participate safely and develop a healthy competitive mindset. Important skills such as resilience, persistence and teamwork are also embedded throughout the teaching of PE in our school and this allows students to transfer these skills into other areas of their lives.