



### PE at Shears Green Junior School

Physical Education at Shears Green Junior School should promote physical literacy and lifelong participation in physical activity and sport.

It is an expectation of the staff who are delivering PE, to have a clear learning objective for the lesson and to use the GetSet4PE lesson plans. This is applicable for all games, gymnastics, athletics and dance lessons. Swimming is delivered in year 5 in the form of 8 weeks of intensive swimming lessons at Cygnets Leisure Centre. Outdoor and adventurous activity is delivered throughout the year in the curriculum as well as forest school (other OAA are offered during year 6, on the residential trip to PGL). In addition, the school offers cycling opportunities in the form of visits to the Cyclopark in year 6.

It is the aim of Shears Green Junior School to deliver a broad and balanced curriculum for all pupils. Our vision for Physical Education and Sport is that every child should have the opportunity to take part in physical activity on a regular basis and become more physically confident and competent. We hope that, through all the sporting opportunities and physical activity we offer, the children will potentially develop a positive attitude and relationship with physical activity and continue this into their later lives.

#### PE lessons should consist of:

1. A warm up which should prepare the body and mind of the pupil and should include an activity to raise the heart rate and respiratory rate, followed by dynamic and static stretching.
2. The main activity, which should involve a skills based activity linking back to the LO, should promote mastery of the skill. After that, the second part should be a game situation where pupils should apply the skill or strategy learned.
3. A cool down after the lesson which should aim to lower heart and respiratory rate and decrease body temperature.
4. A plenary at the end of the lesson should allow for reflection and evaluation of performance. Pupils should be able to discuss skills and strategies learnt from the lesson and use key vocabulary linked to the learning objective.



