

Physical Education Vision and Design

	Responsible	Confident	Successful
Vision	<p>We want our children to be responsible citizens by:</p> <ul style="list-style-type: none"> - Having the physical development skills needed to access the next stage of their education - Contributing to society by having an active role in sports, influencing social solidarity and representing the school in competitions. - Being able to work individually and as a team. 	<p>We want our children to be confident individuals by:</p> <ul style="list-style-type: none"> - Being physically confident in a way that supports their physical and mental health, fitness and wellbeing. - Enjoying PE and having a love for physical activities that they can continue throughout their lives to help them to maintain a healthy lifestyle. - Seeing themselves as ‘sports people’ with an understanding of the subject and a sense of purpose. - Having the vocabulary, sense of belonging and range of experiences needed to access the same opportunities as their peers. 	<p>We want our children to experience success at Bowling Park and beyond by:</p> <ul style="list-style-type: none"> - Being able to succeed and excel at many different forms of physical activity. - Being able to confidently take part in competitive sports and competitions. - Being able to take part in a healthy and active lifestyle.
Design	Variety of Skills	Competitive sports experiences	Building Character: Having the confidence to believe in ourselves.
	<p>Gives us the opportunity to learn new skills. Develop new talents and demonstrate our expertise and abilities with pride. Be able to learn sport-specific techniques.</p>	<p>Connects us with the other children in our school so that we can build trust and work as a team. Enables us to use our communication skills and speak and listen effectively. Lead by example and motivate our team members.</p>	<p>Develop resilience and have the capacity to recover from setbacks. Have determination and motivation.</p>

Experiences



- We are passionate about giving children a variety of quality sports' experiences outside of their P.E. lessons, so that they can develop a range of hobbies and interests.
- Residentials in the Lake District, the Yorkshire Dales and on the East Coast provide opportunities for children to canoe, cave, climb and even swim in the sea (whatever the weather!).
- *As part of the National Curriculum, children at Bowling Park also attend swimming lessons.*

Sports Day

Each year we celebrate our enjoyment of sports and competition in our Sports Day events where children compete for bronze, silver and gold medals. Even parents have the chance to take part in our special family races!



Competitions

Our children take part in local, regional and even national competitions. In recent years, children have represented school at a BD5 Football tournament and a Bradford District Girl's Football competition.



Half Term	Year Group	Activity	Number of pupils
Autumn 1	6	Ultimate Frisbee	4 x boys 4 x girls
Autumn 2	3	Golf	
Spring 1	2	Multi Sports	
Spring 2	4	Cricket	
Summer 1	1	Mult Skills	
Summer 2	5	Netball	

Each half term there is a festival dedicated to a specific year group.

During that half term a coach will come into school to deliver a half-day session to prepare the children for the competition.

It will consist of learning the basic skills relevant to the topic, but more importantly it will provide an opportunity for all pupils to experience competition.

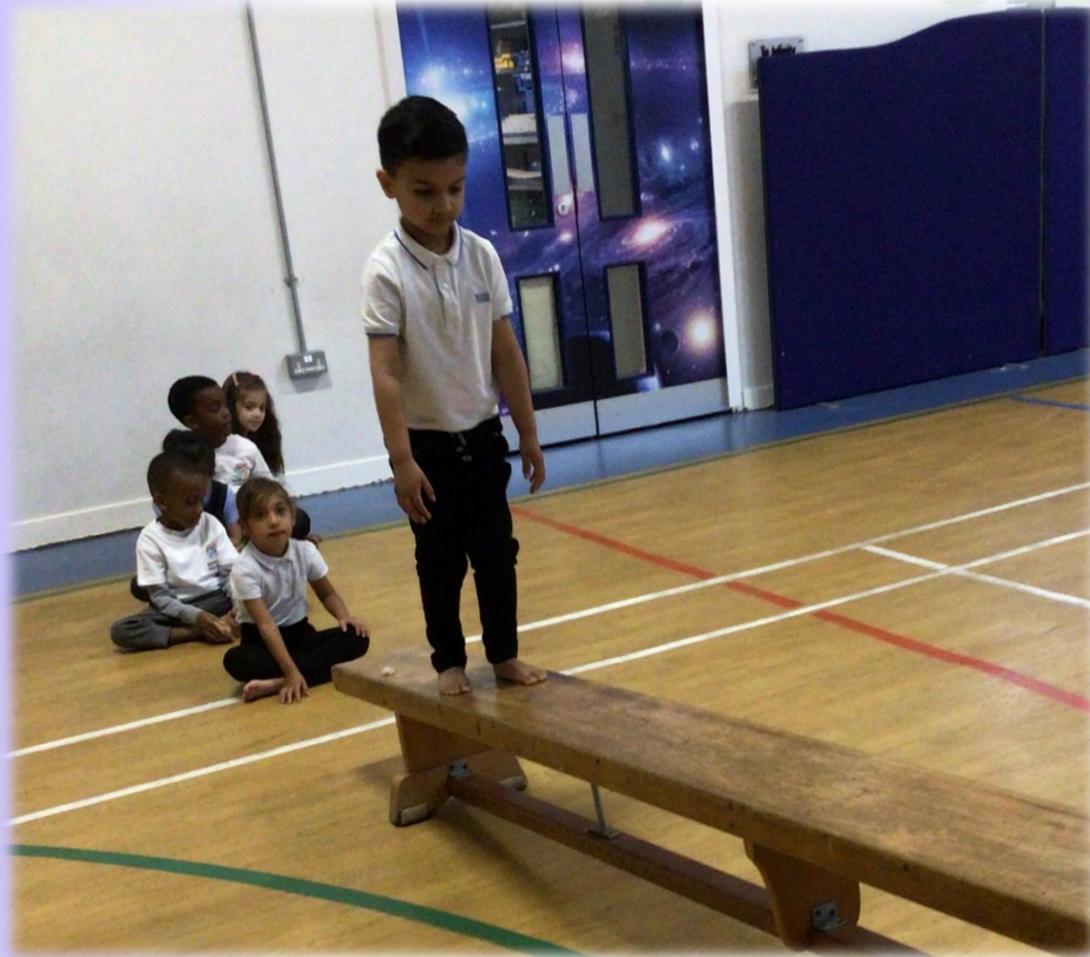


Our dedicated Sports Coach and teaching staff provide high quality PE lessons to children throughout school, including multi-skills, football, cricket, netball, athletics and gymnastics. Children also take part in a variety of exciting additional experiences to encourage a healthy, active lifestyle and a love of sports.



We use PE Pro to assist in our PE curriculum design and planning. We fund this through our PE and Sports premium grant. PE Pro gives our staff the development and progression needed to ensure that quality PE lessons are delivered throughout school. The use of PE Pro offers our staff the ability to assess their pupils in PE throughout the academic year. This highlights our commitment to promoting PE, school sport and health and wellbeing to the forefront of our school ethos at Bowling Park.

Expectations

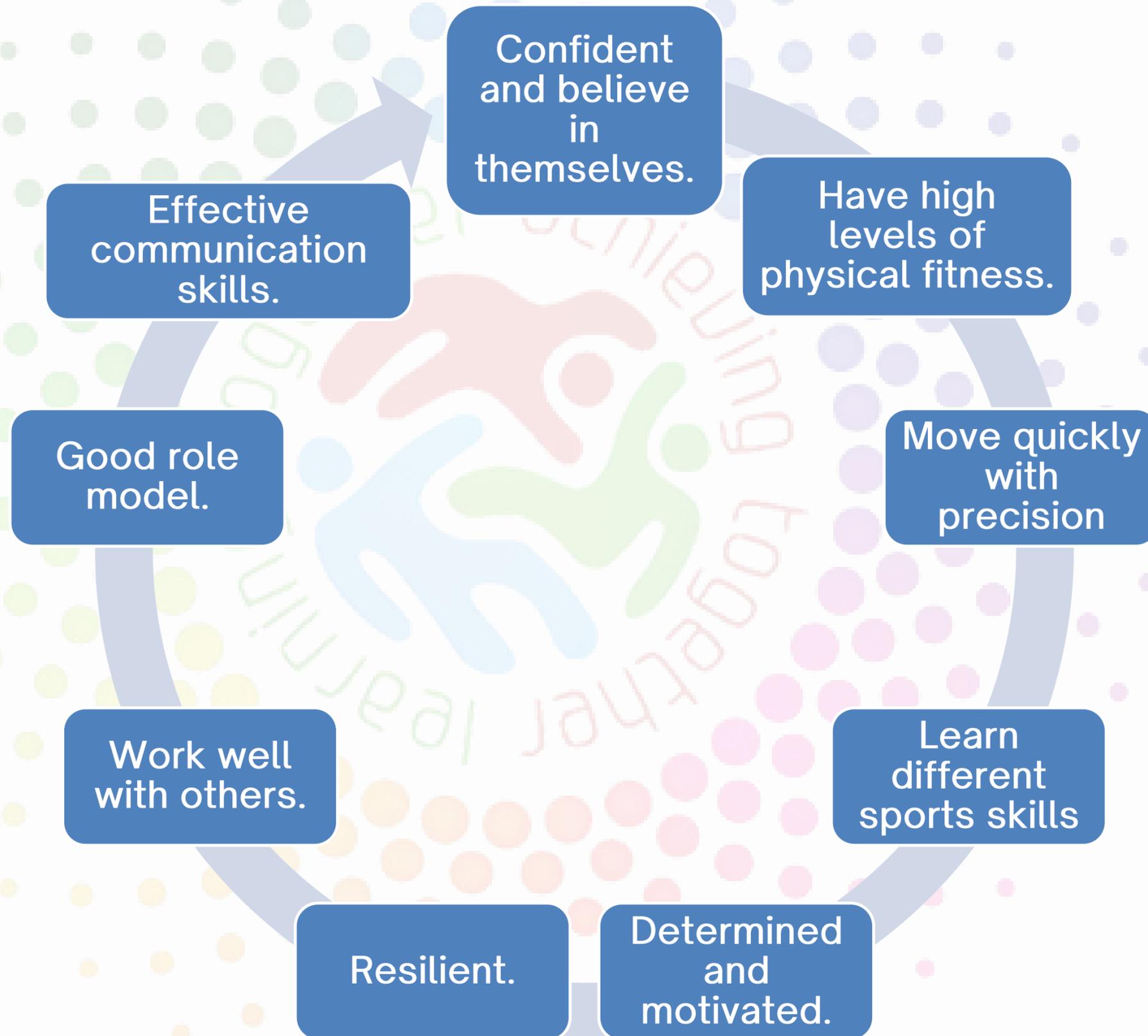


- **Staff** – should model good practice, wear sports clothes and take an active role in every PE lesson.
- **Children** – should be encouraged to wear correct PE clothing for every PE lesson and take an active role in the lesson. If a child is unable to take part in the PE lesson, they should still take an active role. They could referee, monitor progress and provide feedback to other children.

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.
- By the end of each key stage, pupils are expected to know, apply and understand the knowledge, skills and processes specified in the relevant programme of study.

Characteristics of a Sports Person at Bowling Park



Where our PE journey could lead your child



Professional Athlete
Competing in sports events at national and international levels.



Sports Coach
Training and developing Athletes at various levels..



Sports Commentator
Providing commentary for sports networks and media outlets



Fitness Instructor
Leading fitness classes and personal training sessions.



Sports Journalist
Writing for sports magazines, websites or newspapers



PE Teacher
Teaching children in school the skills and knowledge for PE

Vocabulary

Athletics Speed Acceleration Reaction Time Track Field Finishing Line Endurance Power	Danish Longball Possession Bowler Batter Backstop Attack Runs Innings Safe Zone Kicking Zone Kicking Plate	Gymnastics Stretch Star Tuck Pike Straddle Dish Arch Front support Back support Balance	Netball Passing Travelling Attacking Defending Shooting Free pass Penalty pass	Badminton Serving Smash Rally Footwork Grip Control	Dodgeball Throw Dodge Catch Eliminate Out Half-way Line	Handball Goal Pass Goalkeeper Court Dribble Shoot Defence Offence Score	Rounders Batting Throwing Bowling Catching Match play Rounder	Basketball Passing Dribbling Attacking Defending Shooting Basket 2 Pointer 3 Pointer Free Throw Batter Bowler Fielder Wicket Keeper Stumps Crease Boundaries Out Wide No ball	Football Passing Dribbling Attacking Defending Shooting Goalkeeper Offside Freekick Penalty
Field Hockey Dribble Feint Striking Goal Push/pass shot Sweep Flick Stopping	Rugby Passing Tacking Try Scoring Grubber kick Punt kick Drop kick Penalty	Functional Skills Speed Agility Strength Power Cardio endurance Muscular endurance	Ultimate Frisbee Frisby End zone Boundary Intercept	Kabaddi Raider Tag Middle Line Torso	Tennis Racket Court Serve Forehand Backhand Game Set Net Baseline	Dance Unison Cannon Repetition Rhythm Improvisation Choreograph y	Mult skills Running Agility Hopping Ski Jump Throwing Catching	Fundamental Movement Skills Running Hopping Ski Jump Coordination Balance Agility Throwing Catching	