



Intent

Vision

To develop and inspire our pupils to be physically active and healthy; not just during their time at Coldfall, but for this to continue as a lifelong habit. Our aim is to make PE fun and enjoyable while giving the children the skills and knowledge to be able to push themselves and become physically confident, this in turn will support both their mental and physical health.

Through a rich and broad curriculum, we aspire to give our children a number of opportunities to try new activities and excel in all aspects of PE, whilst also providing a wide range competitive opportunities for all.

All of this is done while embedding the school values and giving every pupil the equal opportunity to better themselves regardless of their ability or need.

Curriculum Aims

- **Develop foundation skills in EYFS** – Pupils develop both their fine and gross motor skills in EYFS to give them strong foundations to build on. These fundamental movements skills are repeated and developed throughout a pupil's time at Coldfall.
- **Develop hand/foot eye coordination** –Pupils learn to use a number of different objects and manipulate them with different parts of their body in a range of levels and scenarios.
- **Develop key movements** – Pupils learn to move in a number of different ways, this develops strength and agility in all body parts. This helps to build confidence in pupils to be able to move at different speeds in different directions in a variety of sports.
- **Development of technical and tactical knowledge** – All areas of learning include elements of technical knowledge to help improve performance and tactical knowledge in order to help pupils make decisions during a performance.
- **Provide competitive experiences** – Pupils are given opportunities to be competitive in the environment of a lesson where they will feel safe and secure to express themselves. While an emphasis is not put on winning during lessons, children are given the opportunities to learn and experience how to win and lose while embedding the values of the school. In KS2, opportunities are provided for children to represent the school in a number of different sports. These experiences are vital in teaching pupils how to win and lose gracefully, develop the values of perseverance, hard work, teamwork and a number of other life lessons. During the 20/21 academic year, external competitions were put on hold. In the 21/22 academic year, we were able to enter and take part in the Haringey Primary schools competitions. This will continue in the 22/23 academic year.
- **Developing an understanding of how to assess and improve a performance** – pupils are given the knowledge and opportunities to assess a performance both of themselves and others. This is especially important in upper KS2 where self- assessment is an important tool in improving performance.
- **Exposure to a variety of sports** – Pupils are given the opportunities to experience a wide variety of sports; these include both individual and team sports.
- **Supporting Values Based Education** – PE is used extensively to support our values curriculum.

Implementation

Our PE curriculum allows for a progression of skills and knowledge from EYFS to Year 6. This aims to provide the foundations to allow our pupils to excel in PE once they go to secondary school. Our curriculum covers all the aims of the National Curriculum that we are required to meet. By using a progressive curriculum, children are encouraged to use previously learned skills and knowledge to help develop and master the skills needed to be successful and confident in PE.

By focusing on the fundamental movement skills and strength in EYFS, we aim to build the foundations for children to continue to develop and become more competent and confident in accessing the curriculum. In Key Stage 1, we require children to use these fundamental skills and apply them to a range of activities. In Key Stage 2, we continue to develop and master a broader range of skills and knowledge; we encourage self-evaluation so that children can evaluate their own success in a number of activities such as athletics and gymnastics.

During lessons, in all key stages, a competitive element is added to certain aspects of lessons to allow children to experience competition in a safe and secure environment. In KS2, opportunities are given for children to represent the school and compete in both intra and inter competitions.

Swimming and water safety is taught in Year 5. By following the National Curriculum, the aims of our swimming provision is for pupils to be able to swim competently, confidently and proficiently over a distance of at least 25 metres; for pupils to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and for all pupils to be able to perform safe self-rescue in different water-based situations.

Cycle training level 1 and 2 is also provided in year 5. This course helps to increase the confidence of our pupils whilst teaching them how to ride safely on the roads.

Provision

Nursery: 45 minutes per week – PE Specialist – Am and Pm groups both have a session. All full time children will take part in both sessions.

Reception: 40 minutes per week – PE Specialist

Year 1: 1 hour 50 minutes per week – 50 Minutes PE Specialist, 1 hour class teacher

Year 2: 1 hour 50 minutes per week – 50 Minutes PE Specialist, 1 hr class teacher

Year 3: 2 hours per week – 1 hour PE Specialist, 1 hour class teacher

Year 4: 2 hours per week – 1 hour PE Specialist, 1 hour class teacher

Year 5: 2 hours per week – 1 hour PE Specialist, 1 hour class teacher (one class per term receives a 30 minute swimming lesson, in place of the 1 hour PE lesson. Children are also provided with cycle proficiency training during the Spring/Summer term.)

Year 6: 2 hours per week – 1 hour PE Specialist, 1 hr class

Extra-Curricular PE/Sport Provision & Sports Events

Coldfall Primary School Teams

We have an extensive offer of school teams offering opportunities for boys, girls and mixed teams. As a school we have bought into the Haringey School Sports Partnership (HSSP). This provides a number of competitions, in a variety of sports, throughout the academic year. These competitions are for KS2 pupils and provide both elite competitions and festivals. The festivals are only for children who were not selected for the elite competitions. As well as the HSSP, we also provide a number of fixtures throughout the school year allowing children to compete against local schools. During the school year, our aim is to provide every child in year 6, an opportunity to compete against another school. Notable successes in recent years have included:

- Haringey Football League winners – Boys Yr5/6, Girls Yr5/6 2018,2019,2020
Boys Yr4 – 2020
- Haringey Netball Champions 6 years in a row
- Indoor Athletics Champions 7 years in a row
- Haringey Gymnastics Champions
- Haringey Table Tennis Champions
- Haringey Tri Golf Champions 3 Years in a row
- Haringey Dodgeball Champions
- Haringey Cross Country Champions
- Haringey SEND Bowling Champions
- South East England SEND Swimming Gala Champion.

London Youth Games and National Tournaments

By winning a number of Haringey competitions, our teams have been fortunate to be selected to represent Haringey at the London Youth Games, (the largest youth sports competition in Europe). Coldfall has represented Haringey in athletics, netball and gymnastics as well as having children selected for the Haringey cross country team. Coldfall became the first Haringey school to win a medal for gymnastics in 2019 winning a bronze in the boy's individual performance. In 2020 due to Covid-19, the LYG school competitions were done virtually; this meant scores were collected and verified externally. Coldfall Won the indoor athletics competition, scoring the best in the whole of London.

In The 2021/2022 academic year as well as qualifying for athletics and netball Coldfall also qualified for tri-golf finishing 2nd in London.

Along with our appearances at the LYG, we have also had teams represent Coldfall at national tournaments for football and table tennis.

After School Clubs

Coldfall offer an extensive range of after school clubs; these range from Yoga to American Football. Prior to Covid-19, Coldfall offered 33 different clubs across 5 days providing over 600 individual places across the week. Due to restrictions put in place because of Covid-19, we are currently offering a rotation of clubs for each year group on a daily basis. This still allows us to offer 30 clubs (there is a reduced variation of clubs) per week with the potential of 900 individual places per week.

Local teams.

As well as a wide offer of school teams, we have also built a relationship with a number of local teams both amateur and professional. This allows us to sign post children into these clubs for them

to develop potential or to further an interest. Along with children furthering their skills with these clubs, we have also been able to provide a number of experiences for our children. These include tickets for and tours of Tottenham Hotspur, Rugby League and Union tickets, tickets to the Paralympics and an opportunity to play and tour Lords Cricket Ground.

Sports Mark

Coldfall currently hold the Platinum Sports mark for PE and Sport. This is an award that is given to schools that have met the criteria for a gold mark award for four consecutive years. These criteria cover a number of different aspects of PE and are externally verified.

Sports Calendar 2022-2023

Autumn Term

- Cross Country
- Boys and Girls Football
- Dodgeball
- Tag Rugby
- Table Tennis

Spring Term

- Indoor Athletics
- Multi-sport
- Gymnastics
- Hockey
- Basketball
- Cross Country

Summer Term

- Cricket
- Tennis
- Athletics

These are the tournaments provided by HSSP. There will also be competitions that are repeated and added to the calendar as the academic year progresses, as well as fixtures with local schools.

Children in Year 5 also take part in swimming lessons. Each class participate for a term; this is run by the local council but funded by the school. Coldfall also provide the opportunity for Year 5 children to take part in a cycle proficiency course. This course teaches the children how to ride safely on the local roads. Children can only take part in this course if they already know how to ride a bike confidently.

Impact

Our expectations for attainment are high and have increased over recent years as the progression of learning in PE has been embedded into the school from EYFS to Yr 6. The expectation is to ensure that all children are equipped with the necessary knowledge, fundamental skills and confidence to live a healthy lifestyle, continue to take part sport at whatever level they choose, and to be physically active long after they have left Coldfall. This is important, especially in terms of mental health, as taking part in sport or being physically active can have a positive impact on an individual's mental health both as a teenager and an adult.

By the time children leave Coldfall Primary School, they should be able to:

- Manipulate an object with different parts of their body.
- Throw and catch confidently.
- Be able to move at different speeds and change direction on the balls of their feet.
- Understand how to improve performance based on knowledge and understanding for example, on a javelin throw; why did it go towards the ground? How can I stop this from happening again?
- Take part in a number of different sports and have basic understanding of the rules and how to take part.
- Participate and compete with confidence in team games and individual sports.
- Demonstrate flexibility, strength, technique, control and balance during PE.
- Be able to recognise the benefits of exercise and being physically active on the body.
- Perform water safety confidently. (This is undertaken in year 5)

Assessment and Evidencing Work

Formative assessment and verbal feedback occurs in every PE lesson. Self-assessment is also encouraged along with peer assessment.

Students are assessed each term based on specific PE key skills which are developed through their curricular PE lessons with the PE specialists. They are graded as;

W- working towards achieving the objective

E – working at expected level

A – working above expected level

We also have a yearly skills framework that we use the same grading system for that gives us a yearly overview in line with the National Curriculum requirements.