

Our Curriculum Vision

Everything we do, at Lanercost CE Primary School, stems from our children having a life-long love of learning. We are proud of our inclusive environment, which is firmly rooted in a shared Christian ethos and fosters the care and nurture of our school community. As a school, in partnership with parents and carers, we strive to build strong foundations for an excellent education. We enable our children to achieve all of their divine potential by inspiring them and promoting opportunities to delight in their learning as well as allowing them to grow into successful, compassionate, young adults who recognise their role in the community and the ever-changing wider world.

We aim to accomplish this through a loving, structured and joyful environment with consistently high standards of teaching. Our engaging and immersive learning is based upon the National Curriculum (2014), developed from a love of reading and reflects our school's unique circumstances. We make the most of our beautiful location, which is a stone's throw from Hadrian's Wall, Lanercost Priory, Naworth Castle and close to Northumbria National Park.

This brave, broad and rich curriculum motivates all of our children to build concepts, skills and knowledge for life. They become curious learners who are led by enquiry and inspired by a range of real-life experiences and cultural enrichment. Each of our subject leaders has worked hard to craft their subject curriculum to ensure this within their subject.

We know that the greatest way to understand school-life is to become a part of your child's learning journey. We aim to run several shared learning events, workshops and cultural enrichment moments that you can participate in, allowing you to see your child's progress and ventures in school. Please see our school website, social media platforms and school newsletter for the latest parent and community events.

Our vision for our curriculum comes directly from our whole school vision. It has been carefully crafted by our teaching staff in order to ensure that we provide an education that helps every child reach their divine potential and enables them to have a life-long love of learning. Each of our subject-leaders has then designed their subject to stem from an evidence-basis where our vision is threaded through at every point.

Our Vision for Physical Education

At Lanercost, we foster a love of physical activity, within PE lessons and within the everyday. We see the benefits of learning outside the classroom in the school's beautiful surroundings.

Sport enables the children to see the rewards of effort and the lessons of failure, build resilience and allows them to develop their growth mindset and positive mental health. The range of sporting opportunities that we provide allows children to be creative, competitive and to face up to different challenges as individuals and in groups and teams. This promotes positive attitudes towards active and healthy lifestyles.

Participation and enjoyment are at the heart of everything we do. Within our school, the children's health and wellbeing is of paramount importance, and through the confidence gained from participation in sport and the health benefits of physical activity, we not only achieve sporting success, but also high academic standards.

Healthy competition and sport also provides the opportunity to bring local schools together: developing an understanding of healthy competition. We aim that our PE curriculum is broad and balanced and goes beyond the requirements of the National Curriculum. We teach children in well sequenced steps to ensure skills progression. Through this process, pupils discover their aptitudes, abilities, preferences, and make choices about how to get involved in lifelong physical activity. We endeavour to provide children with enjoyable experiences, where they can develop positive attitudes of sensitivity, leadership, co-operation, competition, and tolerance.

We nurture a love of sport so that it features in the lives of children on a long-term basis. That is why we insist on all children receiving swimming lessons from Year 1 to Year 6. Swimming, as a skill, not only gives children a sport they can enjoy throughout their lives, but it is also an essential skill for personal safety.

Our Teaching and Learning of Physical Education

Like all our subjects, our PE curriculum is sequenced carefully to build upon the skills previously obtained. The pupils receive quality sports coaching and teaching each week as part of their PE lessons and after school sports clubs, this includes professional gymnastics and swimming instruction, football, tag-rugby and multi skills training with Carlisle United, Tennis at Chatsworth and cricket coaching at Lanercost Cricket Club.

Children are given the opportunity to try a wide variety of sports ranging from balance biking to bouldering. We also have close links with William Howard Secondary School in Brampton, and pupils attend a wide variety of extra sporting sessions and competitions. These opportunities enable pupils to develop the key skills needed for particular sports. We are always looking to develop our sports provision, as pupils are able to develop teamwork, problem solving and communication skills.

All children throughout the school take part in our annual Sports Day, where they compete in some traditional races and sporting events for points for their teams. As part of the day, children learn to be supportive to others; communicate with their teams and further develop their resilience.

The outdoor and adventurous element of the PE curriculum is facilitated through our Woodland Schools teaching as well as residential to both Robinwood and Dukes Barn. During these activity residential, children have the opportunity to experience a range of outdoor and adventurous activities, such as caving, ropes course team building, canoeing, ghyll scrambling and climbing. Access to these sports and activities builds confidence, self-belief, perseverance, and resilience in our pupils.

We have been awarded the Silver School Games Mark, this celebrates our commitment to and development of competition, school sport, physical education and physical activity within school. Next year, we will be working towards our Gold School Games Mark.

PE lessons in Early Years

At Lanercost, we understand the importance of PE in the Early years. The skills that we teach explicitly in PE are also part of everyday life in EYFS. In accordance with the Department of Education's EYFS framework, we have three areas which PE is split into.

- Core strength and coordination
- Gross motor skills
- Fine motor skills

Physical development is vital in the early years of a child's development, enabling them to pursue happy, healthy, active lives. Gross and fine motor experiences are developed, focusing on strength, co-ordination, and positional awareness. We provide opportunities for both indoor and outdoor play, which supports strength, stability, balance, spatial awareness, co-ordination, and agility.

Children in Reception join the children in KS1 for their discreet PE lessons and children Nursery have bespoke PE sessions that aid the progress of the early developmental needs. This includes using the programme, 'Write dance', creating tracks for their balance bikes and making obstacle courses using a plethora of resources. Although there are set periods for these sessions, children in Reception and Nursery constantly have access to the outdoor area to build on their core strength, co-ordination, and gross motor skills.

PE lessons in KS1 and KS2

Physical development and the education behind this is vital to everyday life at Lanercost. Not only does exercise improve a child's overall health and fitness, but it is also vastly important to improve their mental health and cognitive development. By doing physical exercise, children are more likely to concentrate and maintain focus in lessons. As well as strengthening muscle and bones, exercise builds confidence, inspires positivity and improves social skills. All children will take part in at least two hours of PE lessons a week in addition to their daily active life.

As required at Key Stage 1, we plan for children to develop fundamental movement skills, to become increasingly competent and to be confident and access a broad range of opportunities to extend their agility, balance, and coordination, individually and with others. We plan for children to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

This is built upon throughout KS2.

Our PE sessions in KS1 and KS2 allow for a clear progression of skills. These skills are taught through the following areas:

- Healthy body and mind
- Games with a focus on understanding
- Invasion games
- Net and wall
- Striking and fielding
- Athletics
- Gymnastics
- Dance
- Swimming
- Outdoor adventurous activities

Each lesson is underpinned by six concepts which are threaded through the PE curriculum and built on throughout our children's time at Lanercost. These are:

1. Healthy Lifestyle (Constant throughout every PE lesson and every day at Lanercost).
2. Movement
3. Tactics and Strategy
4. Personal and Social
5. Leadership
6. Vocabulary

For a breakdown of skills and concepts, see the progression of skills document.

Supporting Teaching and Learning of Physical Education

PE is a key part of our curriculum and, like with other subjects, additional support is given to children who find PE challenging. Specialist coaches and our class teachers provide Quality First Teaching which allows all children to succeed and make good or accelerated progress.

We teach PE to all children, meeting ability and individual needs. PE forms part of the curriculum offer to provide a broad and balanced education to all children. Through our PE teaching, we provide learning opportunities that enable all pupils to make good or accelerated progress. We strive hard to meet the needs of those pupils with special educational needs, those with disabilities or those more able, and we take all reasonable steps to achieve this. We enable all pupils to have access to the full range of activities involved in learning PE. Where children are to participate in activities outside our school (a sports event at another school, for example) we carry out a risk assessment prior to the activity, to ensure that the activity is safe and appropriate for all pupils.

In Swimming, children who do not reach the swimming targets are given extra intensive training to ensure that they reach these.

Any further interventions of PE, including those in EYFS, are recorded on Provision Map.

Furthering the Teaching and Learning of Physical Education

As a whole, we as a school go above and beyond in PE. There is a minimum of two PE extra-curricular activities per half term available to children in school including lacrosse, multisport, gymnastics, netball, football, and cricket. The school takes part in various sporting tournaments and activities within the William Howard and Carlisle cluster. These include cross-country, 5-a-side football, gymnastics, kwik cricket and netball and bouldering. All children are invited to access these and every member of staff encourages and monitors the engagement of additional sports opportunities.

Assessment of the Teaching and Learning of Physical Education

Physical Education is assessed by the specialist coaches and the class teacher (where relevant), and this is monitored by the subject leader. Each term, the children are assessed on their skills, knowledge and abilities in Physical Education, and this indicates their successes and next steps.

The subject leader is also responsible for supporting colleagues in their teaching, for being informed about current developments in the subject, and for providing a strategic lead and direction for PE in the school. The subject leader evaluates strengths and weaknesses in PE and indicates areas for further improvement. The subject leader has specially allocated time for fulfilling the vital task of reviewing PE lessons and ensuring high-quality PE teaching.

As part of our ever-growing commitment to professional development for teachers, all teachers who attend PE sessions complete a PE journey book. This includes the children's point of view, through photographs and pupil voice, but also acts as record of the teacher's development.

The head teacher and PE lead evaluate the impact of the sports funding.

The Impact of Teaching and Learning of Physical Education

By the end of Key Stage 1, children will have developed basic movement skills to develop balance, co-ordination, and agility. They will be able to engage in competitive and co-operative physical activities. We will also ensure that children develop ball skills such as catching and throwing, and they have the opportunity to take part in competitive games and sports both at an intra and inter sport level. Children learn about the value of fair play and how to compete fairly in sports.

By the end of Key Stage 2, all children will have had access to a comprehensive programme of sporting opportunities. From Year 1 onwards children will have had swimming lessons and should all be able to swim a distance of at least 25 metres competently and confidently. All children will have had a good balance of teaching in team games, racquet sports, dance, athletics and outdoor and adventurous activities, plus the opportunity to take part in alternative and minority sports such as, for example, bouldering and lacrosse. Children will have had the opportunity to build confidence and resilience through a programme of outdoor and adventurous activities in Key Stage 2 such as Woodland Schools and residential to Dukes Barn in Beeley and Robinwood. They will have been encouraged to compete with fair

play in mind but also competitively, being given the opportunity to take part in both intra and inter school competitions.

Health and Safety in Physical Education

The general teaching requirements for health and safety apply to this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into their specified kit (either white or pale blue polo shirt and navy-blue shorts or joggers). The policy of the Governing Body is that no potentially jewellery is to be worn for any physical activity.

