

# Physical Education at Langford Village

## What does Physical Education look like at Langford Village?

At Langford Village, our aim is to foster children who develop the foundations of lifelong active habits. Physical Education (PE) not only provides children with the opportunity to develop healthy bodies but it also enables them to develop their personal and social skills as well as supporting their mental health. We want children to develop an enjoyment for being physically active; develop their ability to persevere; develop their resilience when taking on a challenge and learn to respect, collaborate and lead their peers and understand fairness and equality. The 2 hours of PE lessons children receive at Langford Village aim to incorporate these objectives alongside the National Curriculum requirements.

In Key Stage One children are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

In Key Stage Two children are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

By the end of Key Stage Two Children are also taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

## Enrichment

At Langford Village, we believe it is important for children to have the opportunity to extend and develop their passion for being active outside of curriculum time. Therefore, we encourage children to attend clubs and events where they can practice their skills and compete in a range of sports. These include:

- Ignite Multi-skills sessions
- Ignite Football sessions
- School Football sessions and league matches (boys and girls)
- School Cross Country Club
- School Gymnastics sessions
- School Netball Club with friendly matches (boys and girls)
- School 'Girls' Club (offering a range of activities such as yoga and dance)
- School Sports days for Reception, Key Stage One and Key Stage Two
- Festivals and tournaments organized by NOSSP (North Oxfordshire School's Sports Partnership): Tag Rugby, Swimming, Hockey, Indoor And Outdoor Athletics, Cross Country and Netball

