

At South Bersted we follow the PE scheme- Get Set 4 PE.



At South Bersted Church of England Primary School, we offer children a minimum of two hours of sport per week in every class with children having access to a range of exciting equipment inside and outdoors. In addition to PE sessions, we have competitions, visits and experiences for many of our pupils to take part in. These include; inter house competitions in different sports such as hockey and inclusion sports. In addition to this, through our Sports Premium, we also provide visits from coaches and even professional athletes.

The PE curriculum has been designed so that children will compete at the end of each of their units. This helps the children to work as a team, under pressure and within a competitive environment. Within the local area, we compete against other schools as part of the School's Sport Partnership (SSP). We pride ourselves on our sports teams' reputation for competitiveness, and for displaying many of our school values including endurance and koinonia.

We effectively **model** learning through:

- Clear Demonstrations
- Verbal Cues
- Visual Aids
- Progressive Activities

Vocabulary Pyramids

provided by Get Set 4 PE to see how vocabulary is categorised and introduced progressively.

In PE lessons using the "Get Set 4 PE" scheme, children have opportunities to experiment and explore through a structured approach that encourages both individual and collaborative learning.

We use **scaffolds** to support *independence*:

We adapt activities by changing the environment, modifying the rules, adjusting equipment, and offering varying levels of challenge, alongside visual cues.

To disrupt the **forgetting curve**:

We ensure a gradual progression of skills and knowledge throughout the year and across different year groups. This means children are continually challenged and build upon their existing capabilities.

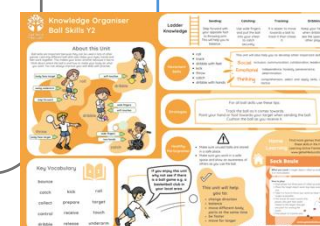


Feedback:

Throughout the lessons, there are opportunities for self and peer assessment, allowing children to identify areas for improvement and celebrate successes.

*Learning is **sequenced** toward an end point to:*

To build upon prior knowledge and skills, progressing from basic movements to more complex games and activities.



What is the structure of a Get Set 4 PE lesson?

PE lessons are usually structured to keep things simple, active, and skill focused. A typical lesson follows this flow:

- **1. Warm-up (5–10 mins)**
Light activities to get the body ready-jogging, dynamic stretches, or simple games.
- **2. Skill Introduction (10–15 mins)**
Teacher explains and demonstrates the key skill (e.g., passing, dribbling, shooting, or movement techniques).
- **3. Practice / Drills (15–20 mins)**
Pupils practice the skill through structured drills, often in pairs or small groups.
- **4. Game / Application (15–20 mins)**
Small-sided games or activities where pupils apply the skill in a realistic situation.
- **5. Cool Down & Review (5–10 mins)**
Stretching, slowing heart rate, and a quick discussion about the learning today.

How is PE assessed?

Teachers assess pupils during lessons by:

- Observing performance in activities
- Asking questions
- Using peer/self-assessment tasks
- At the end of each term, teachers give an overall judgement based on:
 - Consistency across units

- Progress over time

- General ability in PE contexts

At the end of each unit, pupils take part in a game, match or competition that allows them to apply and build on the skills they have developed during the half term.

How are resources organised?

- All resources are in the PE cupboard organised by sport. The PE lead is responsible for ordering equipment and organising the cupboard. Bronze Ambassadors and Sports Leaders are also given opportunities as part of their leadership roles to get equipment for classes and organise equipment.

How often is PE taught?

Across a year, children will be taught at least 6 different sports/ skills developing basic techniques and understanding in each one.

These sports and skills **build progressively each year**, with pupils developing more advanced techniques, understanding, and performance over time.

Children participate in 2 hours of quality Pe a week.

Children get 60 minutes of exercise a day through regular physical 'brain-breaks' e.g. Jumpstart Jonny, as well as regularly completing the 'Daily Mile.

- Active break and lunchtimes with sports equipment and Premier Sports leading lunchtime clubs.
- Leaders also run sessions for younger pupils.