

PE

Aims and Purpose

Through our PE curriculum we encourage children to be physically active, develop and adopt healthy lifestyles. PE is a vital part of school life and ultimately children's future well-being. Our curriculum aims to improve the wellbeing and fitness of all children through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and work to improve their personal best

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

Teaching, learning and planning

It is our intent to ensure children understand the importance of leading a healthy lifestyle and to equip them with the tools to do so. We intend to provide an inclusive, broad and balanced PE curriculum that ensures all children will benefit, whether through enhancing existing skills, learning new skills or being introduced to new sports, clubs, teams and organisations. It is our intent to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed and achieve their personal best in all physical activities. We encourage children to make decisions, evaluate, perform and develop the personal qualities of commitment, fairness and enthusiasm.

Children participate in timetabled 2 hours of weekly high quality PE and sporting activities. Our long term PE curriculum map incorporates a variety of sports to give children opportunities to take part in a range of different activities and develop fundamental skills of movement such as balance, coordination, and agility that are transferrable to all areas of PE. Units of dance in particular are linked to class topics and therefore PE is part of the wider curriculum

Each week Years 1-6 are led in a PE session by our linked secondary school PE specialist. This helps the children gain key skills in a range of sports, provides teachers with CPD and aids transition from our school to our feeder secondary school.

We provide opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive sporting events and each child takes part in the Golden Mile at least twice a week in order to develop stamina and increase their physical activity.

Assessment

Children are encouraged to develop their personal best in all areas of PE. Teachers assess children's knowledge, understanding and skills in PE through observations of the children in their PE sessions. During sessions feedback is given by the teacher and other children when watching a performance of dance for example of how it might be improved. Each term the units of PE children have been

involved in are assessed in the core skills for the unit from our progression of skills map for their year group.