



Physical Education

Purpose of study:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims:

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.

Intent

It is our intent at Eastington 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 in physical activities and lead healthy lifestyles. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

Through the study of Physical Education, children will develop a wide range of fundamental skills, knowledge and understanding that will equip them for the rest of their life. Good health, including good mental health, is an important part of everyday life that our children would be at a disadvantage should they not be exposed to a thorough and robust physical education at our school. Our provision is also enhanced through the effective use of the Sports Funding.

Our thoughtfully crafted PE curriculum is built upon a progression of knowledge, skills and understanding from Class 1 to Class 5 – it is planned to be sequential over time. Lessons are reviewed, refined and adapted to ensure that the curriculum meets the diverse needs of all of our children.

Implementation

Pupils at Eastington Primary School participate in timetabled, twice weekly high-quality PE and sporting lessons. Our PE programme incorporates a variety of activities to ensure all children develop the confidence, tolerance and appreciation of their own and others' strengths and weaknesses. We provide opportunities for children in Year 1-6 to engage in extra-curricular physical activities during and after school, in addition to competitive sporting events.

Class teachers are usually responsible for teaching PE, although there will be times when sports professionals will be involved in the teaching of the subject. We take every opportunity to develop links with outside agencies and experts in order to enrich our physical education provision.

We have professional sports coaches who work with all children to develop specific skills in areas such as dance and rugby. This is an inclusive approach which endeavours to encourage not only physical development, but also well-being. Everybody, throughout the school, is part of our inclusive 'Be Active'



programme where we aim to complete at least three sessions (10 minutes) of additional physical exercise each week. Classes can choose how/when to participate in Be Active and children and staff talk positively of the impact of this in their lessons. In addition to timetabled PE lessons, clubs and Be Active sessions, children at Eastington Primary are encouraged to be active at playtimes too. We have trained Sports and Wellbeing Leaders who lead small games and activities on the playground every day and they aim to make playtimes more active, positive and enjoyable for everyone.

The Sports Premium funding enables us to develop a wider range of activities and experiences for all pupils in our school. We aim to enhance our curriculum, utilising this funding, to engage all pupils in regular physical activity, raise the profile of PE and sport across the school, increase confidence, knowledge and skills of all staff in teaching PE and sport, offer a broader experience of a range of sports and activities to all pupils and increase participation in competitive sport.

Our PE curriculum is progressive across all classes; focussing on key skills that are taught through a range of activities and sports and, where possible, providing cross-curricular links. To do this, we use a scheme of work called 'The Power of PE'. We have chosen this scheme as it follows and enriches the National Curriculum aims and purposes of study which in turn, supports us to teach a broad and balanced curriculum. The planning supports appropriate use of differentiation in lessons, the equipment needed, lesson teaching points (and how to ensure we are teaching them correctly), links to numeracy and literacy skills as well as interesting facts to engage our pupils. It also ensures the needs of all children are met through planning and delivery of subject-specific skills. This is carried out in a variety of ways such as: differentiation through outcome or task, adult support, adapted tasks or materials and pre-teaching of skills and vocabulary where necessary. On some occasions, skills, knowledge and understanding may be adapted to make learning accessible for all, whilst at the same time ensuring challenge. This allows children to know more, remember more and be confident in their sporting skills and vocabulary.

Impact

Our physical education curriculum aims to improve the wellbeing and fitness of all children at Eastington Primary, not only through the sporting skills taught, but through the underpinning values and disciplines physical education promotes. Within our lessons, children are taught about self-discipline and that to be successful, you need to take ownership and responsibility of your own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way to live happy and healthy lives.

Children are assessed in PE each term, based on the skills/focus area studied. The PE subject leader may moderate within school, or across classes, to ensure accurate assessment and teaching of progressive skills. A wide range of evidence is gathered through data analysis, work scrutiny, teacher and pupil conferencing or surveys and learning walks which in turn will support the development of this subject area. From our teaching of PE, children at Eastington Primary School understand the importance of physical education, alongside living healthy lifestyles, and how this can be achieved.

We aim to celebrate children's achievements in this subject in a variety of ways. This could include displays, celebration assemblies, sharing on school website, peer evaluation, sports award (Robinson's cup) and whole class discussions. This not only supports pupils' self-esteem and motivation but raises the profile of the subject throughout the school community.