

# PHYSICAL EDUCATION

## INTENT

It is our aim to ignite a passion for Physical Education and Physical Activity in our children, creating the foundations for a healthy active lifestyle. The Physical Education we deliver will give our children the tools and understanding required to make a positive impact in their own physical health and well-being. Through the activities delivered in our broad and balanced curriculum PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to manage success and failure in competitive, individual and team based physical activities.

## IMPLEMENTATION

We teach a program of study that is guided by the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children.

### Key stage 1

Pupils develop fundamental fine and gross movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils will make progress with their:

1. **Balance skills** - Movements where the body remains in place, but moves around its horizontal and vertical axes.
2. **Locomotor skills** - such as running, jumping, hopping, and galloping.
3. **Ball skills** - such as catching, throwing, kicking, underarm roll and striking.

### Key stage 2

Pupils will begin to apply the core fundamentals that they have developed in KS1 to a broad range of Physical Activities and sports, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own strengths and weaknesses. Pupils are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- Use a variety of swimming strokes and personal survival techniques
- 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.

**Impact**

A process of summative and formative assessment will be used to monitor the impact of our Physical Education lessons, in relation to the progress made by our pupils. The impact on our pupils will be:

- The ability to acquire new knowledge and skills well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- Improved levels of physical fitness.
- A healthy lifestyle, and the ability to make positive life choices.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.  
Fostering a keen interest in PE.
- A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular activities and inter and intra school competitions.
- The ability to swim at least 25 metres, before the end of Year 6, and knowledge of how to remain safe in and around water.