

PE intent, implementation and impact

“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.”

The National Curriculum

Intent:

At Grange Primary Academy, we recognise that physical activity and sport are essential parts of a child's everyday life and are a key factor in their future well-being. We want every child to find enjoyment in physical activity and aim to provide them with a wide range of opportunities so that they can discover the right kind of activity for themselves and experience the benefits that an active lifestyle can provide. We aim to present them with opportunities to compete against themselves and others, work in partnerships and teams, build self-confidence and perseverance and to gain a real sense of achievement. A key part of this will be to engage their enthusiasm and provide them with the necessary skills and experiences for them to be in the best position possible to further engage in physical activity and sporting opportunities as their educational and life journey continues beyond Grange. Our aim is to prepare and support pupils towards healthy and active lifestyle choices for their future mental and physical well-being.

A key part of our aim is to provide the children with a broad and balanced curriculum within physical education and to provide the opportunities for the children to play in festivals and compete over a wide range of events. In doing so, we aim to teach the children to follow the conventions of fair play.

The aims of Physical Education (PE) at our school are that all children:

- adopt an active lifestyle and understand the benefits it provides
- develop a range of sporting skills across the national curriculum, including swimming
- are physically active for sustained periods of time
- engage in a range of competitive sports and activities
- lead healthy, active lives
- understand the importance and effect of exercise and being healthy
- develop a sense of fair play and a sporting attitude
- enjoy sporting activities and have fun, developing resilience and perseverance

Implementation:

- At Grange Primary Academy, each child receives two hours of curriculum time PE on a weekly basis which is planned and mapped out to ensure a broad and full range of skills and activities. These sessions are either delivered by specialist coaches or class teachers during PE lessons.
- Children in Years 3, 4, 5 and 6 attend swimming lessons at The Nene Centre, Thrapston. These sessions are delivered by qualified swimming teachers, delivering the Swim England programme. The children are taught to swim competently, confidently and proficiently over a distance of 25m using a range of strokes.
- We teach lessons so that children:

- ✓ have fun and enjoy PE and being active
 - ✓ learn, practice and secure a range of skills and tactics
 - ✓ experience success and gain self-confidence
 - ✓ develop good sporting attitudes
 - ✓ understand basic rules and keep to them
 - ✓ experience positive competition
 - ✓ learn in a safe environment
- In addition to their PE lessons, we provide opportunities for children to access extracurricular physical activity through a wide range of sporting clubs delivered by a sports coach at lunchtime and afterschool.
 - Our Long-Term Curriculum Plan identifies the breadth and depth of the activities delivered across the school to ensure coverage of the National Curriculum and to allow the children to experience a wide range of sporting and active opportunities.

EYFS

At Grange Primary Academy, we recognise the importance of physical development in the Early Years Foundation Stage as a key area of learning. Children in the EYFS access time and space to enjoy energetic play daily in the outdoor learning area. The children also access specific physical development through timetabled PE lessons in Nursery and Reception which give the children the opportunity to learn and practice fundamental movement skills. They participate in activities where they can practice moving in different ways and at different speeds. Within continuous provision, the children are given many opportunities to develop both fine and gross motor skills.

KS1

Within Key Stage one, children develop their fundamental movement skills through a range of activities and opportunities, where children work individually in pairs or in groups. We cover key aspects such as gymnastics, dance, games and athletics. We follow the National Curriculum for P.E. in Key Stage 1.

When children leave Key Stage 1 we expect them to be able 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.

KS2

We follow the National Curriculum for P.E. within Key Stage 2. Children continue to apply and develop a range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements. They continue to use the skills individually, but also develop cooperation through games. This will include a further focus on choices and tactics within a game. We explore a wide range of sports and activities such as dance, gymnastics, athletics, O.A.A. and a range of games skills.

When children leave Key Stage 2 we expect them to be able 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.
- 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.

Impact:

PE is taught as a basis for life-long learning. We believe that a successful PE curriculum where children have access to a range of activities and have a positive, successful experience will then create children who will continue to have a physically active life. They will also have a good understanding of what a healthy, active life is like and the benefits of leading one.

Opportunities to compete in sport and other challenging activities will build character and help embed values such as fairness, respect and teamwork. Children should be prepared for the next step in their learning and life journey and in a position to participate fully in the sporting and active opportunities in education and beyond.