



Physical Education at Littledean C of E Primary School

<p>INTENT</p>	<p>At Littledean C of E Primary School, we believe that Physical Education is a crucial element of the curriculum. We aim to ensure that our children are physically active and develop their knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical Education also promotes an understanding in children of their bodies in action, involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. We intend to create the maximum opportunity for participation within a broad, balanced and creative Physical Education programme. Whilst providing the programme, we maintain our awareness and sensitivity to the individual requirements of our children.</p> <p>The aims of our PE curriculum are to develop children who:</p> <ul style="list-style-type: none"> • Are physically active and able to make informed choices about physical activities throughout their lives • Engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance • Are willing to practice skills in a range of different activities and situations, alone, in small groups and in teams, and apply these skills in chosen activities to achieve a higher level of performance • Employ imagination and creativity in their techniques, tactics and choreography • Observe the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators • Know how to cope with the success and limitations of performance • Develop an understanding of the effects of exercise on the body and lead a healthy lifestyle which is achieved by eating sensibly, being aware of the dangers of drugs, smoking and alcohol and exercising regularly • Can swim 25 metres before the end of Year 6 and know how to remain safe in and around water
<p>IMPLEMENTATION</p>	<p>Planning</p> <ul style="list-style-type: none"> • Long Term: National Curriculum and Development Matters, two year rolling programme.

	<ul style="list-style-type: none"> • Medium Term: Skills and knowledge objectives from our breakdown for PE are facilitated by Pro-Stars. Swimming lessons take place at the local leisure centre for children in KS2. Children in Y5/6 have the opportunity to attend a residential trip where they can take part in a range of outdoor, adventurous activities. <p>Teaching and Learning</p> <ul style="list-style-type: none"> • We will develop deep subject knowledge and key skills whilst differentiating tasks for all abilities and year groups. • Key, subject specific vocabulary will be taught to the children within the context of the lessons. • Children are encouraged to be active during their break and lunch times through access to a range of sporting equipment and the school trim trail. • Children are invited to attend competitive sporting events within the local areas. This is an inclusive approach, which endeavours to encourage not only physical development but mental well-being. These events also develop team work and leaderships skills and are very much enjoyed by the children. • Children have access to a range of sports related after school clubs. • Children participate in workshops covering a variety of sports throughout the year, for example, golf, archery, curling – providing children the opportunity to develop and improve fitness but also try something new. <p>Assessment</p> <ul style="list-style-type: none"> • Ongoing assessment during lessons and from tasks completed informs future planning for lessons. • Monitoring of Subject Leader will include planning scrutinies, , lesson observations and pupil conferencing to ensure appropriate coverage of the curriculum.
<p style="text-align: center;">IMPACT</p>	<p>Through the high quality teaching of Physical Education taking place we will see the impact of subject in different ways.</p> <ul style="list-style-type: none"> • Children are observed to enjoy PE lessons and extra-curricular clubs and participate with enthusiasm. • Children are observed to be physically active (including during break times) and understand the effect of exercise on the body and how to lead a healthy lifestyle. • Children are observed to demonstrate fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. • Children are able to discuss their performance and explain how to make improvements. • Children can swim 25 metres before the end of Year 6 and know how to remain safe in and around water.

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