



Physical Education

Intent

At Kettlesing, Beckwithshaw and Ripley CE Primary School, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. It is our intention to build and follow a fun, high-quality physical curriculum that enables all children including those who are disadvantaged, SEND, EAL, PP and GD to develop knowledge, skills, and vocabulary in a broad range of sporting activities, as well as developing values and transferrable life skills such as fairness and respect. We want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. We aim to encourage all pupils to exercise for enjoyment as well as fitness by embedding the use of PE throughout our school. By implementing Physical Education, School Sports and Physical Activity, we do not prioritise one part but see each as a key building block in supporting our pupils physically and emotionally. Our curriculum goal is to guide all pupils to succeed and excel in their individual abilities in competitive sports and other physically demanding activities. Our curriculum aims to improve the wellbeing and fitness of all children at our Federation, not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes.

Implementation

- PE at Kettlesing, Beckwithshaw and Ripley CE Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor &
- Our long-term plan sets out the PE units which are to be taught across the year and ensures that the requirements of the National Curriculum are met and progression is made.
- Pupils participate in two high-quality PE lessons each week, covering two sporting disciplines every half term.



- In order to plan high-quality PE lessons, we use our progression across skills document to ensure all skills are taught and allow each individual child to excel.
- Across the school, we promote the use of PE to cover our 30-minute of suggested physical activity, by offering active playtimes and lunchtimes with Sports Leaders, who initiate a broad range of games and tasks to suit all pupils.
- To further support the development of PE, pupils are encouraged to participate in a varied range of Lunchtime sports and children can attend after-school sports clubs two evenings per week.
- Once COVID safe, children are invited to attend competitive sporting events within the local area. This is an inclusive approach that endeavors to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- It is our intent that each year a small group of children will be invited to become Sports Leaders. They will develop into sporting role models for the other children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.
- Children will swim for a full term.

Impact

At our Federation, we ensure that our PE curriculum is progressive, engaging and inclusive, which allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active and this has positive implications on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of exercise. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We hope children enjoy PE and develop a love of sport, and physical activity, that they pursue outside of school and in future life outside of primary school. We hope to instill lifelong values about the importance of fair play and being



a good sportsperson, which pupils can use as a strong foundation in other areas. They will hopefully grow up to live happy and healthy lives utilizing the skills and knowledge acquired through PE.

National Curriculum aims and objectives

EYFS

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Key Stage 1

Pupils should develop fundamental 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 should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught 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.

Key Stage 2



Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, 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.
- 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.