



Physical Education



Statement of Intent, Implementation and Impact

“Our learners will understand that life is not all about winning a race or a game, but to take part and give it your best, and to never give up when a challenge seems too great.”

Intent

At St John's, we aim to offer a balance of individual, paired and group-based activities, including; co-operative, collaborative and competitive situations to cater for the preferences, strengths and needs of every pupil. Through these activities, we aim to promote a broad base of movement, knowledge, skills and understanding. We feel that these are key to developing a pupil's ability to work both independently or as part of a team, teaching an individual how to respond appropriately and sympathetically towards others, irrespective of their age, gender, cultural or ethnic background.

The activities offered and the teaching approaches adopted seek to provide pupils with opportunities to develop their creative and expressive abilities, through improvisation and problem solving. Pupils are encouraged to appreciate the importance of a healthy and active lifestyle, and begin to understand those factors that affect health and fitness, which links closely to our PHSE, SMSC and our Health & Well-being sessions.

Implementation

At St John's CE (A) Primary School the teaching of Physical Education plays an important role in our appreciation of our own abilities, goals & achievements and the development of all children into *healthy global citizens*. We believe it is important that children are encouraged to challenge themselves, and develop a healthy life-style, combining both physical and mental aspects within their day-to-day lives. Alongside this, our pupils will acquire a range of skills, which will allow them to *flourish* in other areas of the curriculum or future roles within the wider community.

In the EYFS classes, opportunities will be provided for children to be active and to develop their co-ordination, control and movement through moving and handling activities, which involve the use of a range of equipment and different spatial experiences. Structured lessons and opportunities for outdoor physical activity will last at least 2 hours each week.

Pupils in both KS1 and KS2 will engage in lessons of high quality PE each week. In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Curriculum content includes ball skills and team games, gymnastic and dance activities. At KS2 pupils will continue to apply and develop a range of skills and units of work which include a range of invasion, net/wall, and fielding and striking games, gymnastics, dance, athletics and swimming. Children's experiences will also be enriched through opportunities for outdoor and adventurous activities. A range of resources will be used to support progression across the curriculum including: PE Primary Planning Scheme, and specialist coaching sessions for different sports. Y5 will also include swimming.

Assessment for learning will be made through short-term (daily/weekly) observations of children's work, through discussion with the children, and through their own self- assessment. Assessment of learning will be made through medium term (summative) assessments and longer-term (formative) assessments.



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Impact

When observing our pupils you will hear and see them talking and participating enthusiastically in the different aspects of the curriculum for the subject. You will see a class enthused, engaged, challenged and on task. You will see pupils working both independently as well as supporting their peers to complete tasks as part of a team. You will see encouragement, togetherness, and pupils enjoying their learning. You will see pupils ready to use and apply their physical and mental skills into aspects of their everyday lives.

Specific Aims to Physical development:

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- To appreciate of the value of safe exercising.

Specific Aims to Social and emotional development:

- To develop a love of physical exercise.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.
- To develop a sense of fair play.

Specific Aims to Cognitive development:

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop the ability to communicate non-verbally with the body
- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To understand that using the correct technique will improve accuracy and individual performance.
- To be able to evaluate performance and act upon constructive criticism.



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Specific Aims to Spiritual, moral and cultural development:

- To develop a positive attitude to themselves and others.
- To experience a range of differing activities and realise that physical activity is not only about winning a competition – taking part and doing your best is just as important.
- To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.
- To treat your team, the opposition and the referee with respect.
- To raise self-esteem through opportunities to celebrate sporting success.

“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.” – 3 John 1:2