



Physical Education

Intent

At Kettlesing, Beckwithshaw and Ripley CE Primary School, Our VISION is to inspire EVERY child to be passionate about Physical Education and Sport, while bringing PE to the heart of the school.

- To equip every child with the key physical and social skills that can be facilitated through to PE and sport
- To enable every child to progress with confidence and competence in PE and sport -throughout their school journey and beyond
- To embed key sporting values that can be applied positively in everyday life.
- To inspire children to live a healthy and active lifestyle into adulthood, using PE and sports to facilitate this
- To develop the physical and mental wellbeing of every child and ensure it is central to their physical education journey

Our Mission

We aim to develop our pupils' key fundamental movement skills ensuring they are motor competent in Physical Education. Children of ALL abilities will have access to High Quality PE in order to achieve their full potential and become physically confident. Our lessons aim to be INCLUSIVE for ALL, in a fun and safe environment. We aim to give the children a lifelong love and passion for Physical Activity and Sport.

Our Mission is:

- For our lessons to take each pupil on an exciting and progressive learning journey from Early Years through to KS2, ensuring mastery of key skills.
- For all lessons to be inclusive and fully supportive, ensuring that 'PE is for everyone!'
- For children to actively learn and live important values, all through the power of PE and sport.
- We want to inspire and challenge ALL children, whatever their abilities.



- We aim to develop confident young leaders through our PE lessons and leadership programme.
- We aim to educate children about physical and mental well-being and to inform as to the benefits of a healthy and active lifestyle.
- We aim to further develop and nurture strong school-club and competitive links with the local partnership and community-based organisations- providing our children with access to a support structure to pursue their chosen sports and activities beyond school.
- To support and complement cross curricular subject areas through our physical, fun and engaging lessons.

Implementation

- Primary PE planning is followed at Kettlesing, Beckwithshaw and Ripley CE Primary School which provides challenging and enjoyable learning through a range of sporting activities including; ball skills, net & wall games, striking and field games, gymnastics, dance and swimming.
- 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.