

Subject Rationale - PE

Purpose of study

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.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Intent

- Provide a broad balance of physical activities for all pupils, every week.
- Cover a range of Gymnastics, Dance, Games and Athletics through dedicated lesson time.
- Provide access to the swimming programme at Years 3 and 4.
- Provide a swimming intervention scheme for those children who cannot swim 50m by Y6.
- Provide blocks of Outdoor and Adventurous Activities for Key Stage 2.
- Teach all pupils to be concerned about their own and others safety in all activities, including the safe movement of equipment and resources.
- To encourage participation in the range of Out of Hours activities made available in school.
- Enhance the school curriculum with outside expertise.
- Increase participation in competitive sport.

Implementation

- Teaching at least 2 lessons of high quality PE a week in both Key Stages and extend this by classroom activities and curriculum time festivals.
- Planning for, and assess all areas of PE by PE teachers and monitoring by the PE Coordinator.
- Teaching PE on the whole as a separate subject and where appropriate link to the wider picture of 'Healthy Lifestyles'.
- Supplement the PE curriculum by providing a wide range of Out of Hours learning opportunities for both Key Stages.
- Employ coaches to run Out of Hours learning where possible.
- Provide active playtimes and lunchtimes where children have a responsibility for equipment and organisation.

- Establish links with local sports clubs and highlight holiday opportunities for keeping active.
- Develop a yearly Action Plan to develop community links, festivals and competitions and highlight areas for improvement.
- Ensure competitions entered have a balance of gender, age groups and a variety of different sports.

Impact

Children feel confident in taking part in a range of sporting activities and are able to say which type of sport they enjoy. They will be aware of the positive impact exercise has on their body and mind, and how it helps with leading a healthy lifestyle.