



Physical Education

National Curriculum in England:

'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.'

(National Curriculum 2022)

Intent:

At St Eanswythe's C of E Primary school we recognise the importance that PE plays within the curriculum. We are committed in providing a high- quality curriculum to all our pupils with the opportunities to succeed and excel in competitive sports and other demanding physical activities. The scheme we use to support our teaching in PE, at St Eanswythe's is 'Get Set for PE'. The aim of this PE programme is to develop pupils' basic physical competencies, build stamina and confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. Our PE lessons encourage pupils to compete against themselves and others whilst being challenged to improve their physical, social, emotional, and thinking skills. These skills are embedded from the planning stage. Our school objectives in the teaching of PE align with the National Curriculum in that we aim to ensure all pupils:

- Develop competence to excel in a broad range of physical activities, inclusive of swimming
- Are physically active for sustained periods of time
- Connect, support and celebrate pupils commitments to clubs outside of school
- Engage in competitive sports and activities – self competitive/ team competitive
- Lead healthy, active lives, make healthy choices
- Promote a healthy and active lifestyle
- Encourage physical activity and exercise
- Build self-esteem, confidence and resilience
- Provide all pupils with access to the lessons

Implementation:

The 'Get set for PE' provides challenging and enjoyable learning through a wide range of sporting activities including: Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Dance, Yoga, Outdoor & Adventure Activities and Swimming

- Our pupils participate in two PE lessons each week. One session is taught by the class teacher and the other session is taught by a qualified PE specialist coach (every Friday).
- We have Intra class Sports competitions, for one half term each school year
- Throughout the year, additional lessons will be delivered, whole school days, extracurricular sports to include – skateboards, climbing, bike riding, boxing, and free style football.
- The Long-Term PE Curriculum Overview sets out the PE Units/Activities which are to be taught each half term throughout the year and ensures that the requirements of the National Curriculum are fully met.

- We use and adapt a Scheme of Learning from 'Get set PE' to ensure planning, content and delivery is age appropriate. This scheme ensures lessons, year on year, are progressive. It also allows us to plan alongside competitive events.
- We assess pupils throughout the year, allowing us to highlight any pupils disengaging quickly.
- The emphasis of our PE curriculum is inclusion for all pupils regardless of sporting ability. We provide suitable learning opportunities for all pupils, including those with SEND.
- We promote both participation and competition through P.E and sport. We ensure all pupils experience competition at some level, individually or in a team, within lessons and intra school events.
- Pupils in KS1 and KS2 and SEND pupils also have opportunities to participate in the local Shepway School Sports Partnership Inter School sports competitions
- Pupils participate in workshops/whole school events, sourced by School and delivered by Outside Providers, covering a variety of sports throughout the year. For example Archery, Skateboarding, Boxing, dance and high ropes providing the pupils with an opportunity to experience new activities, learn new skills, improve their fitness and to try something new.
- All pupils in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year
- We offer a Residential OAA experience for pupils in year 6
- We have an annual inclusive House Sports Day, with the emphasis on participation and achievement for all
- We have annual 'walk a mile' days. We walk as a whole school along the Leas.
- Pupils also get the opportunity to participate in playground games during their lunchtimes such as skipping challenges and football games.
- Beach School has been implemented across all year groups which allows all pupils to access/ experience outdoor & adventure activities. – This is on a rota.

Impact:

At St.Eanswythes school,

- Our pupils develop pride for our school and continue to compete in sport competitively and at a more elite level in later life.
- Pupils explore and are engaged by a wider range of sport, leading them to be more active and become champions of sport in their own right.
- We ensure that our PE curriculum is inclusive and progressive and allows all pupils the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities.
- We ensure that our PE lessons are fun, enjoyable, and challenging and all pupils can achieve to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active, and this has a positive impact on their learning in the classroom.
- Pupils understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing.
- We aspire for all pupils to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School.
- Pupils have opportunities to participate in sport after school and also represent the school at sporting events from local to county level.

In PE, we also measure impact by:

- Regular learning walks
- Pupil questionnaires/pupil voice
- PE Premium spend analysis
- Analysis of participation at after school clubs and competitions

- Assessment data
- Photo and video analysis of pupils practical work