

St Helen's CE Primary School



Physical Education – Intent, Implementation and Impact

Intent

At St Helen's we aim to deliver a physical education curriculum that inspires our pupils to succeed in competitive & non-competitive sport and to develop their fitness and stamina to engage in other physically demanding activities. Through delivering an inclusive, fun and diverse physical education curriculum, we strive to promote a love for exercise and help children to understand why making healthy choices plays an important role in both their physical and mental health. We encourage children to try their best and our Christian values of friendship, perseverance, love and trust are embedded through the teaching of teamwork, problem-solving and sportsmanship.

Implementation

PE is delivered in year groups 1- 6 for two hours a week and for one hour a week in EYFS. Through high-quality teaching of the National Curriculum, children develop fundamental movement skills such as throwing, catching, kicking, striking, running, jumping and coordination in EYFS and KS1 which then enable children to apply these skills when playing a broad variety of sports in KS2. Our curriculum has been specifically designed to include opportunities for children to learn, practise and apply skills when engaging in different activities such as: striking & fielding, attacking and defending when playing invasion games as well as developing balance, control, strength and technique through athletics, gymnastics and dance.

We use planning provided by our school sport partners, Teamtheme Kent, which enables lessons across the school to be consistent and well structured. Teamtheme also support physical education school sport and physical activity by running Forest School sessions, a lunchtime fitness club, delivering staff CPD through the team-teaching of different sports during PE lessons and an after-school club for different year groups throughout the school year.

Staff are also supported in their teaching of PE through the use of a detailed PE policy, a whole-school subscription to the Association for Physical Education (AfPE), regular staff meetings led by the PE Lead and external, specialist agencies such as British Gymnastics and through receiving training during INSET days.

As well as regular PE lessons, pupils also have the opportunity to take part in the Daily Mile and participate in different games, sports and activities run by support staff and Sports Leaders from Year 5 and 6 at play and lunch times.

We provide a range of opportunities for our pupils to take part in competitive sports throughout the year which include the following competitions:

- Balance bikes
- Infant agility
- Tri-Golf
- Table Tennis Mini Youth Games
- Netball Mini Youth Games
- Football Mini Youth Games
- Athletics Mini Youth Games

Pupils are exposed to more unusual sports through after-school clubs such as archery. Clubs that follow children's interests, obtained through pupil voice feedback, have also been organised.

Impact

The impact of our physical education curriculum aims to achieve the following:

- Pupils will have a deep understanding of the importance physical activity and a healthy lifestyle has on their physical, mental and emotional wellbeing.
- Pupils will understand their own strengths and weaknesses and know which sports they prefer playing. Pupils will listen to and apply feedback from peers and staff to improve their technique and overall performance.
- Pupils will be able to clearly articulate what healthy choices look like and demonstrate these independently. Pupils will have an understanding of the effects of physical exercise on their bodies.
- Pupils will have opportunities to develop their core skills and can apply these in both competitive and non-competitive ways.
- Pupils will understand how the school Christian values, friendship, perseverance, trust and love, flow through PE and sport and will understand the importance of fairness and sportsmanship whilst always trying their best.
- Pupils will show resilience and perseverance when practising skills that they find personally challenging.