******PE at GCA**

Believe

And

Achieve

**Intent:**

At Garden City Academy, we are passionate about ensuring that all children understand the importance of being healthy, through regular exercise. This is why as a school we provide a wide range of sporting activities for the children to participate in.

It is our aim that through our PE curriculum:

* To promote a healthy, active lifestyle and provide pupils with 30 minuets of physical activity a day.
* To promote a lifelong positive attitude towards physical activity, enjoyment or PE and raising self-esteem.
* To continue to raise the profile of PE at Garden City Academy with children, teaching staff, governors and parents.
* To continue to improve the quality of PE lessons for all pupils be increasing teacher subject knowledge and confidence.
* To increase the number of children attending extra-curricular sport activities- focusing on provision for disadvantaged children.
* To continue to provide all children with the opportunity to take part in sporting fixtures.

**Implementation:**

* Each class will be taught PE twice a week for an hour each session.
* Throughout these lessons the progress will be recorded through photo and informal recordings of the activities.
* As a school, we offer a wide range of sports and activities in PE lessons and through clubs at lunchtimes and after school.
* Target key groups such as pupil premium and SEND to increase participation in clubs further.
* Have a range of sporting activities available at lunch times for the pupils.
* Audit equipment and replace where needed.
* To continue to purchase a high-quality equipment to leave long lasting legacy at the school.
* Specific PE displays around the school to enhance learning, this will be updated regularly.
* Invite parents, staff and governors to sports events.
* A calendar of the sporting fixtures to be available for parents and staff to access.
* Celebrate pupils’ achievements through certificates and acknowledgements during whole school assemblies.
* Each year have a specific sports day for the whole school to participate in.
* Attendance at Sports Partnership meetings and courses.
* Staff meeting on areas of PE of staff choice.
* Peer observations in PE, sharing plans school wide to help give ideas to others.
* Continue to be a member of the NHSSP.

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| **Each PE Lesson will follow the following structure:*** A **warm up,** this will ensure the children’s heart rate is up and that their muscles are ready to endure a physical lesson. This will also reduce the risk of an injury.
* The teacher teaching a **new skill,** this will be linked to the sport and learning objective for the lesson.
* The children will then have the opportunity to **practice** this new skill**,** with a partner or in a group.
* The children will then be able to **apply** the new skill in some game like activities.
* At the end of the lesson, a **cool down** will be needed to stretch the muscles and slow the children’s heart rates down.

**We will also ensure that PE lessons also include:*** Discussions about the importance of warming up the body before enduring physical activity.
* Has an adult demonstrating the new skills in a proper and safe way, so that children understand how to do the skill.
* Have adult verbal feedback to promote the correct the way to do the skill as well as praising them that are trying to do the new skill.
* Allows opportunity’s for children to challenge themselves.
* Allows opportunity for children to play a game to use the new skill.
* Allows opportunity for children to work as a team or in a group, promoting good team skills.
* Discusses the importance of stretching and cooling down the body.
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**Impact:**

* All children will have lifelong learning in physical education.
* Create an interest in children to take up a sports club provided by the school or an outside provider.
* Influence children to take up a sporting career in the future.
* Sporting club data will be collected each term, through club lists.
* Having a pupil, parent and staff voice about PE.
* Children’s self-esteem through competing in school sporting fixtures.
* Staff are able to share their own knowledge in different sports with the rest of the staff.
* Keep track of which children attend the sporting fixtures.
* Children to understand how to work as a team.
* Majority of the children making good progress in accordance to the PE national curriculum.