



Physical Education at Middlethorpe Primary Academy

Intent

Through engagement in PE we strive to develop in children a lifelong love of sport, whether it is competitive sport or an enjoyment in keeping active and healthy.

Children will experience a wide variety of sports and outdoor activities to develop their physical confidence, their skill in using their body and their understanding of the sporting values which are underpinned by our school building blocks of respect, empowerment and belief throughout all disciplines of physical activity and sport at Middlethorpe Primary Academy.

Implementation

Each week children access a minimum of two hours of high quality structured 'Physical Activity'. This may be through PE lessons, Swimming lessons (off site during the summer term) or Physical Activity sessions. Specialist PE teachers engage children to develop age appropriate PE skills through a series of stimulating lessons which are planned, with clear skills-based learning objectives and subject-specific vocabulary. Our curriculum is delivered through highly effective 'quality first teaching'.

Enrichment opportunities, that are inclusive for all, include outdoor learning with residential outdoor activity trip in Year 6 where children develop water skills through Kayaking and try sports such as archery, fencing and aerial climbing activities.

All children have the opportunity to take part in friendly and competitive sporting events, including inclusive sports. The children play competitive games, adapted where appropriate, in badminton, basketball, boccia, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending.

The children have opportunities to experience a wide range of sports and activities including orienteering, gymnastics and dance which provide our children with rich experiences as a team and individual and which enhance teaching, learning and knowledge.

Termly sporting challenges ensure that children develop and master basic movements in jumping, throwing and catching, agility and co-ordination and continue to improve on these skills through personal challenges throughout school.

Providing children with the knowledge they need in order to live a healthy lifestyle and encourage good, sensible choices where food and physical activity are concerned. There are strong links between PE and Science whereby the children learn about health and fitness and how this has an impact on their body, as well as their lives. Pupils learn about the human body, healthy food choices, hygiene, exercise and mental health. We work alongside a range of external partners, including The North East Lincolnshire Schools Sports Partnership and Caistor Yarborough Academy.

Extra-curricular activities are an important part of Sport at Middlethorpe Primary Academy and a range of sporting clubs are offered as before and after school activities, giving children the opportunity to try new sports in a secure environment. Through swimming and sporting teams, children have the opportunity to experience inter school competition to a high level.

Impact

Through the breadth and depth that our curriculum offers, children are equipped with the tools to live and lead a healthy lifestyle and leave Middlethorpe Primary Academy possessing the fundamental skills e.g. throwing, catching, jumping etc. As a result, the number of children choosing to partake in extra-curricular, physical activity-based clubs increases year on year with our focus on encouraging less active children to become increasingly involved and enthusiastic about being more physical.