



Physical Education (P.E)

Physical education is important in primary education because a high-quality provision can inspire all pupils to lead a successful and healthy life. As children progress through the school, they are able to learn and develop a range of skills, which enable them to compete in competitive and non-competitive environments, benefiting/developing their social, emotional and physical well-being.

Intent

At Middlethorpe we believe that it is vital for all our pupils to learn from and about being physically active so that they can understand how exercise and a healthy lifestyle can benefit their life. Through teaching our Physical Education curriculum, we aim to equip our children with the knowledge, understanding and confidence to actively participate and engage in an active world. It is our intention to enable children to engage, develop and compete in a range of different sporting activities to support their social, emotional, moral and physical well-being.

At Middlethorpe Primary we offer a dynamic, inclusive and engaging program of activity (Primary Steps in PE) to ensure all children are offered the opportunity to progress physically, mentally and socially. We provide and encourage children to develop their own understanding in an inclusive, safe environment, where they can use a range of equipment freely to develop their own skill set to achieve their goals.

Throughout the school, we offer sporting experiences to all pupils to introduce them to a wider world of sport than just within our school. We see experiences as a pathway to further development and inspiration, with the aim of the experiences to motivate and introduce pupils to new sports/activities. Pupils are exposed and introduced to intra and inter house competitions, where pupils can compete against each other in school, locally and our wider community (School Sport Partnership). As a school, we intend to provide pupils and staff with the opportunities to be physically active daily. We have implemented the use of the Daily mile, where pupils look to build on their stamina through the use of their determination and resilience, skills we value greatly here at Middlethorpe Primary.

Alongside our dynamic curriculum, we use a vast range of club links to develop and introduce pupils to new and local sport teams/ coaches. Using these, pupils are able to be taught by specialist coaches, who understand how to introduce and improve pupils' skill set.

Implementation

Leaders have carefully selected the knowledge and skills children at Middlethorpe require to fulfil the aims of the subject, in order to lead physically and healthy lifestyles. The long term plan takes in to account the strong links of being able to use basic fundamental skills in Key Stage 1 to implementing and developing those skills in order to apply them to a range of activities (non-competitive and competitive environments) in later years of being at Middlethorpe.

Our provision aims to implement well-structured lessons, which are taught and delivered by confident and knowledgeable members of staff. Staff are well-trained by the use of extensive CPD, which enables them to deliver the plans to a high standard, allowing pupils to develop and exceed age related expectations.

Impact

Our Physical Education curriculum is high quality, well thought out and is planned to demonstrate progressions of knowledge and skills. We measure the impact through the use of the following;

- By the end of each key stage, pupils are expected to know, apply and understand basic fundamentals, rules and knowledge of their current focus (pupil voice).
- An end of unit task or end product giving children the opportunity to apply their new skills (inter and intra house competitions).
- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE (competitions and pupil voice).
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance (active break times, extra-curricular clubs, club links).
- Levels of physical fitness – measured through the use of the daily mile.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders (playground leaders), organising and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.
- The ability to safely ride a bicycle on the road (completion of road safety – bike ability level 1 and 2).