

P.E. at Moredon Primary and Nursery School

Intent

The 2012 London Olympics and Paralympics gave the country and the rest of the world the chance to experience excellence in a wide variety of sports. Since then, P.E. has been an integral and important part of the school curriculum which gives children the chance to try and reach the levels of the excellence seen during the two events.

At Moredon Primary and Nursery School, our intent is to ensure that our pupils develop the skills needed to be able to become physically confident in a way which supports their health, well-being and fitness. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance it will allow children to explore their personal and spiritual identity.

Where possible, we link subject areas to provide a purpose for P.E.; this is only done where it is relevant. We want P.E. to be a subject that is enjoyed by all whilst giving children opportunities to further their skills and competitiveness.

Implementation

P.E. at Moredon Primary and Nursery School is taught by a combination of class teachers, PE specialists and qualified sports coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort, sporting behaviour as well as success is recognised. Children are encouraged to participate in exercise throughout the day during PE lessons, clubs, outdoor learning and special events.

At Moredon Primary and Nursery School, the P.E. curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Through our provision children can aim to flourish at sports in which they have a particular interest or flair for. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation.

We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children.

Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, co-ordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age.

WHF sporting events over the year allows children in all Year groups to compete with and against other schools within the Federation.

All children from Year 1 to Year 6 undertake a term of swimming lessons and all children in Key Stage Two undertake a term of ice skating lessons. Whilst swimming is a fundamental part of the National Curriculum, the ice skating sessions enables children to develop their skills in a different sport as well as other skills such as fine motor and creativity. Yoga sessions are also delivered to every child from Reception to Year 6.

We endeavour to give children as many opportunities as possible to build up their fitness and endurance during the school day by allowing them to run or walk a mile using the lines in the school playground. Current sporting events around the country or world are shared between children and staff, either through classroom discussions or whole school assemblies as and when they happen across the school year. A display in the school allows children of any age to share any sporting achievements that they are proud of.

Impact

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- 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.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- 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, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- 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.