

Physical Education - Intent, Implementation and Impact Statement

Intent

At St. Nicholas Primary School we are fortunate to have an experienced sports team who develop and embed the basic skills in order for the children to understand that play, sport and physical activity hold the key to living a healthy, active life. Our key priority is to support our pupils to discover for themselves the joy of movement and activity; to become physically confident and resilient; succeed and excel in a variety of competitive sport and other activities to build character and embed life-long values of respect and fairness.

Implementation

We have a comprehensive Physical Education curriculum that has a clear progression of knowledge and skills to develop their agility, balance and coordination and that also develops their understanding of how sport can support their mental wellbeing, physical wellness and develop their character to give them life-long skills to be positive in our ever-changing world.

At St Nicholas, we are dedicated to promoting fair play and building character through competition and give our pupils opportunities to compete against each other and in competitions, galas and festivals.

We offer an extensive range of different and exciting extra-curricular clubs including; basketball, netball, football and multi skills. We work closely with local sports clubs such as Alcester Football Club, Alcester Rugby Club, Worcester Warriors and Ragley Cricket club, who deliver high quality curriculum sessions during the year.

We have the privilege of having our own onsite swimming pool and are committed to ensuring that all of our pupils access swimming lessons and achieve their 25 metres. This commitment is for our pupils' safety and an additional step to ensuring that our pupils have opportunities to lead a healthy and active life. Pupils have weekly swimming lessons in Reception which we have found to be a particularly successful way for children to 'enjoy' and become familiar with the water, gain confidence and be ready to learn to swim. From year 1 through to year 6 the pupils have six weekly blocks of swimming and the year 6's have the added opportunity to experience open water swimming.

Physical Education will be implemented in the curriculum in a variety of ways:

- 2 hours of PE will be taught weekly. Learning objectives will be clear and well sequenced in order to build upon the skills each session.
- Working with external partners, sessions are built into PE lessons or may be taught within a whole day. Sports enrichment days give the children an opportunity to experience a broad range of physical activities such as; Kan Jam, Generation Pound, Street Dance and Martial Arts.
- Provide new and different extracurricular clubs to raise engagement such as cheerleading.

- Provide a wide range of opportunities for children to get active in class and on the playground with the use of the outdoor gym, table tennis tables and trim trails.
- Additional sessions focusing on active learning are woven through lessons such as Active Maths, Cosmic Yoga and The Daily Mile to help re energize our pupils.
- Lunchtimes take a structured focus with activities set to provide our pupils with engaging physical activity and opportunities for independent play. Listening to pupil voice ensures that we structure activities to the interests of our pupils.

Impact

Through our whole school thread, our intended impact for each of our pupils is:

- To enable our pupils to lead and sustain a healthy, active lifestyle in the present and understand how to embed for life.
- To develop competence of fundamental movements and build understanding of the rules of a range of sports and activities to support engagement in competitive sports.
- To develop the characteristics of a good sportsman understanding fair play and respect of others.
- To build own character, resilience and desire to achieve personal best and develop self-esteem.
- To develop a good understanding of water safety and be able to swim 25 metres.