



Physical Education Intent Statement

William Rhodes Primary and Nursery School



The intent of William Rhodes Physical Education curriculum is to **inspire all children to succeed and excel** in competitive sport and other physically-demanding activities. Physical Education will provide opportunities for pupils to become **physically confident** in a way which supports their health and fitness. Opportunities to compete in sport and other activities will be offered to all children in order to **build character** and help **to embed values such as fairness and respect**. Through Physical Education we aim to develop the children's knowledge, skills and understanding, so that they can **perform with increasing confidence and competence in a range of physical activities**. We aim to **improve health and well-being, promote active participation and lifelong learning**, and for each child to fulfil their potential. We aim to ensure that the children's experience of Physical Education is **positive and motivating** and that children's attitudes to a healthy lifestyle are firmly embedded in our inspirational, unique and **fully inclusive curriculum**. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely yet imaginatively **to achieve their personal goals**.

Implementation

In EYFS, PE is one of the **Prime Areas of Learning** and **underpins the development of other skills such as reading, writing and attention**. As such, it is given lots of focus and is encouraged using both the indoor and outdoor provision. Specific areas and resources have been developed for children to learn and practise specific skills including **balancing, climbing, jumping, throwing and catching, kicking and moving in a range of ways**. They also access a one-hour discrete PE lesson each week which focuses on developing a particular skill using a varied range of equipment including parachutes, benches, balls, mats and climbing apparatus. Emphasis is put on creating fun and enjoyable sessions for the children which aim to inspire a love of sport and physical activity. Additional opportunities for short bursts of movement are built in throughout the day. PE opportunities are often linked to the children's current topic to **engage and motivate all children**. In the EYFS, children are introduced to the word 'healthy' and what this means. Children are given opportunities during their PE lessons and appropriate activities within provision to **observe and discuss the physical effects that being active has on their bodies**. They are encouraged to talk about how they link to 'being healthy'. Adults plan focus activities during the academic year which enable the children to explore a range of foods and develop an understanding of which are healthy or unhealthy and the reasons why.

In KS1, children are taught two, one-hour long PE sessions a week teaching a variety of invasion games, dance or gymnastics. Children **build on the fundamental skills** taught in EYFS and aim to **master basic skill movements such as running, throwing, jumping and catching as well as beginning to develop balance, agility and coordination**. Children are introduced to team games as well as individual sports. Basic tactics are introduced to the children as well as competitive sports whether that be competing against other children, teams or themselves.

In KS2, children are also taught two, one-hour long PE session a week teaching a variety of invasion games, dance, gymnastics, Swimming (Year 5) or outdoor adventurous activities. Children will learn how to **apply all skills taught** throughout their school journey in isolation and combination. They develop an understanding of **how to improve, evaluate themselves and others and recognise their own success**. There is a bigger focus in both competition against themselves or other children for example in athletics and basketball. Children are also provided with swimming lessons throughout Year 5 to allow them to meet the objectives outlined in the National Curriculum. PE is adapted when necessary to ensure it is **fully inclusive** and all children are engaged. Throughout KS1 and KS2, class teachers follow the PE Progression of Skills Document. The aim of this is to see a **clear progression of skills throughout their school journey**. At the end of the year, there are separate, EYFS, KS1 and KS2 Sports Day where parents are invited in to support their children.

Impact

Children leave school having a **love of sport and physical activity** both in and out of school, with this continuing into later life. Children will have worked on their own aspirations in relation to PE and this will be carried on after leaving KS2, with children continuing to **participate for enjoyment or competitively**. All children should be able to **discuss the importance of a healthy lifestyle** and how this is achieved as well as developed **skills that underpin life** such as teamwork, sportsmanship, self-motivation, resilience and independence.