



Physical Education

Curriculum Statement





Intent

Our physical education curriculum is designed to aid the development of our children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, invasion games, gymnastics, net and wall games, swimming, athletics and outdoor adventure activities. It is our overall aim to instil a lifelong love of healthy eating, physical activity and mental wellness.

We believe that we have adopted an ambitious physical education curriculum that is designed to give all learners, particularly the disadvantaged, the knowledge they need to keep physically and mentally healthy. As well as physical development, pupils will be encouraged to make cross curricular links with our Commando Joe curriculum and other subject areas across our curriculum. This will provide opportunities for children to develop their respect, empathy, self-awareness, passion, communication and teamwork. During PE lessons, the opportunity is taken to emphasise the importance of leading both physically and mentally healthy lifestyles. At Loxdale, we value Physical Education and believe that this is reflected in the sporting activities we provide during; lessons, after school clubs, break times and lunch time.

We aim to provide high quality P.E. and school sport opportunities, through the teaching of outstanding PE lessons and the deployment of external sports coaches.

Therefore, our aims for each child are to:

- Enjoy P.E. and school sport;
- Consistently improve and achieve through the use of the Commando Joe characteristics;
- Be encouraged to lead healthy and active lives;
- Acquire physical skills to aid them in becoming a healthy individual;
- Make decisions based on each particular situation;
- Show commitment to an ongoing personal goal;
- To develop stamina, suppleness and strength;
- Know and understand what and why they are learning a particular skill;
- Have the confidence to take part in sport remembering that F.A.I.L means first attempt in learning;
- Participate in activities which are competitive, creative and provide challenge regardless of ability.



We believe that our curriculum aims for PE ensure that our children leave us with the best possible knowledge of how to lead a healthy and active lifestyle, meaning that they are better able to live physically and mentally healthy lives.

Implementation

At Loxdale Primary School, we passionately believe that all children should have equal access to a broad and balanced curriculum. With this in mind, our P.E curriculum is carefully planned by our staff, in line with our the Primary PE Planning resource and our PE skills progression document. This enables us to provide learning opportunities that ensure all pupils can make good progress.

In EYFS and key stage one, children are provided with the opportunity to learn the fundamental movement skills (agility, balance, co-ordination and speed) through the deliberate over practising of skills. This allows them to become confident with the physical literacy required to access our key stage 2 PE curriculum. As our children progress through the key stages, they are provided with the opportunity to apply these fundamental skills to a variety of activities, competitive sports and purposeful routines. In addition, our PE skill progression recognises the importance of physical development and also provides opportunities for social, mental and emotional growth.

As well as skill and technical development, children are encouraged to analyse, reflect, evaluate and make decisions that will impact the outcome of a performance. It is through these opportunities for self and peer assessment that children begin to develop their communication, resilience, leadership and teamwork skills.

During PE lessons, learning objectives are made clear and children are encouraged to assess their learning at the end of each session to ensure that outcomes have been met. We vary the activity and differentiation for individuals using the STEP framework. This approach enables children to be challenged or supported through adapting the space, task, equipment or number of people involved in the activity.

Throughout a topic, our children are encouraged to set their own challenges in order to achieve a personal best. These successes are celebrated through the use of certificates and house points.

Our teaching staff and sports coaches, complete continuous assessment to keep track of all children's progress and then use the data to inform future practice.



Impact

P.E at Loxdale is taught as a foundation for lifelong learning, where our children develop the understanding needed to become physically and mentally healthy. Our learners are also provided with the opportunity to develop an understanding of the careers associated with PE and sport and will leave Loxdale believing that these roles are accessible to them. We believe that this will provide our children with the motivation needed to lead physically active lives as well as developing the enjoyment that comes from leading a healthy life.

The delivery of our consistently high-quality physical education curriculum, inspires all children to succeed and excel in competitive sport and other physically-demanding activities. At Loxdale Primary School, we provide opportunities for children to become physically confident in a way that supports their health, fitness and mental well-being. Opportunities to compete in sport and other activities help to encourage the development of the Commando Joe characteristics and help to embed the lifelong use of **Respect, Empathy, Self-Awareness, Positivity, Excellence, Communication and Teamwork**. Most importantly, our learners enjoy PE and understand its true value.