



# PHYSICAL EDUCATION

Health and Wellness



## Intent

We aim to give opportunities for pupils to participate and flourish in a range of different physical activities in order to give them a life-long positive attitude towards health and wellbeing.

At the core of this are our Kings road values



Each strand is embedded throughout our PE curriculum and allows children to continually develop positive values will benefit them throughout their lives.

Along with this our PE curriculum aims to develop pupils who:

- Are willing to practise skills in a 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;
- Can use a range of skills and techniques with increasing difficulty level;

- Achieve and maintain high levels of physical activity;
- Lead a healthy lifestyle which is achieved by eating sensibly and exercising regularly;
- Can remain physically active for sustained periods of time and have an understanding of the importance of this in promoting long-term health and well-being;
- 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;
- Employ imagination and creativity in their techniques, tactics and choreography;
- Can improve their own and others' performance;
- Can work independently for extended periods of time without the need for guidance or support;
- Have 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 extracurricular sport;
- Can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water;
- Can challenge themselves to achieve a personal best.

## **Implementation**

Teachers are provided with at least two staff meetings per year to support their planning of PE. As part of this planning process, teachers need to plan and deliver the following:

- Differentiated lesson planning which shows clear progression for physical development throughout each key stage;
- Opportunities for CPD to enable staff to learn from experts in their fields to deliver outstanding PE;
- The use of technology to enable teachers to deliver more effective lessons and demonstrate outcomes clearly;
- Challenge questions for pupils to apply their learning in a philosophical/open manner.

## **Impact**

Our PE curriculum is of high quality with high expectations set for each of our pupils. It is challenging and demonstrates progression throughout key stages. If children are matching these expectations, they will be deemed to be making good or greater progress. In addition to this we measure the progress of our children through the following methods:

- A reflection on pupil standards achieved against the planned outcomes;
- A celebration of successful development through assemblies;
- Pupil discussions about their learning;
- The annual tracking of standards across the curriculum
- Observations and team teaching to ensure high standards of teaching and learning.