

Nun Monkton Foundation Primary School

"Be curious, be brave and believe"



PE

INTENT

We aim to provide children with opportunities to engage in varied activities to allow them to build a healthy lifestyle and positive attitude to physical activity. We will promote leadership, teamwork, resilience, determination and communication. Our curriculum will develop children's self-esteem and help them to manage successes and failures within competitive and cooperative activities. Our children will develop skills within a range of sports and activities. They will engage in inter-school, competitive and collaborative events to enable them to become confident and enthusiastic athletes. Children will also be offered lots of opportunities for physical activity in the outdoors.

IMPLEMENTATION

All pupils take part in Outdoor activities through weekly Forest School Sessions (please see Forest School Intent document). These sessions involve walking to and from the site (about 1 mile) and active outdoor activity once at Forest.

All pupils have a scheduled PE lesson, which for two terms of the year also has a walk to and from the venue of 0.5m.

Sessions cover 6 main area of the PE curriculum: Games (invasion games, net/wall and striking and fielding); Athletics; Dance; Gymnastics and OAA. Sessions are led by specialist staff from Sporting Influence (a local company who provide weekly PE sessions for our pupils)

School staff may also lead pupils in some aspects of PE (for example Dance).

Children are also taught to swim during the course of their time in our school. This takes different forms (according to cohort numbers and other curriculum learning. Most recently that has been for the pupils in Years 2 – 6 to go to swimming lessons for one term of the school year. This is under review as the 30 minute swimming session amounted to 2.5 hours of curriculum time used for travelling and changing which impacted on other learning. We are currently exploring a more time-efficient methodology which will mean pupils are all swimming 25m by the end of Year 6).

Children regularly take part in competitions and sports events with other local school (at least 4 times a year). They also take part in a very active Sport Afternoon once a year.

In addition, pupils in KS2 take part in a residential activity for a week once every 2 years.

IMPACT

Pupils are enthusiastic about being active and spend a significant part of their school time engaged in physical activity through PE sessions, Forest School learning, (walking to both those venues) and active playtimes on the large village Green.

By the end of KS1 pupils master basic movements including running, throwing and catching, jumping as well as developing balance, agility and coordination. They begin to apply these in sports activities. They take part in team games, starting to understand attacking and defending. They perform dances using simple movement patterns.

By end of KS2 pupils can use running, jumping, throwing and catching in isolation and in combination. They play competitive games, modified where appropriate including badminton, basketball, cricket, football, hockey, netball, rounders and tennis, applying basic principles of attacking and defending. Pupils develop flexibility, technique, control and balance in Athletics and Gymnastics. They perform dances using a range of different movements and patterns. They take part in OAA both individually and as a team. Pupils also compare performances with previous ones and demonstrate improvement to achieve personal best.

Pupils develop life skills of swimming, taking part in team sports and competitions and improving personal performance. Through a wide range of different physical activities and sports they are exposed to they find specific physical activities they enjoy and continue as part of their physical wellbeing beyond Year 6

Our PE teaching and learning supports the following school aims:

- Enable children to become **independent** and **confident** learners; **well-rounded** characters who are **self-aware**, **reflective** and **resilient** individuals.
- **Care for and about each other**, be **courteous** and **empathetic**, showing **respect** and **understanding** towards everyone.
- Create a **safe and stimulating** place where children are **happy** and **enthusiastic** learners, where they learn how to keep themselves **safe and healthy**, able to **communicate** and work in a **team**, developing **confidence** and **life skills** together.
- Encourage everyone to have **high expectations** of **themselves and others**, **supporting** and **challenging** everyone to **achieve** their best, developing a strong **work ethic**, **self-motivation** and taking **pride** in their achievements.
- Enable children to develop an **understanding of the wider world** through learning and exposure to a **variety of cultures**, **ideas** and **beliefs**, **respecting** and **recognising individuality** and **diversity**.
- Provide a **wide range of interesting and exciting learning opportunities** to **enthuse** everyone to be lifelong learners, through engagement in a curriculum that instils **values for life** and **prepares pupils** for wherever their journey takes them as adults.