

## INTENT

All children should experience a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should 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 build character and help to embed values such as fairness and respect.

### Ambition:

- for children to fully engage with PE lessons with positive attitudes and understand the importance exercise can have on helping to aid a healthy lifestyle.
- engage in activities that develop cardiovascular health, flexibility, balance, muscular strength and endurance
- the willingness to practise skills in a wide 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.
- for all children to experience swimming and swim at least 25 meters before the end of year 6 with the knowledge of how to stay safe in and around water.

## IMPLEMENTATION

There are 2 hours of timetabled lessons each week for every pupil in KS1 and KS2. Lessons are planned to cover the National Curriculum, considering the importance of both the breadth and depth of learning.

KS2 – one session is led by First Steps Sports Coaching and the 2<sup>nd</sup> is teacher led.

KS1 – both teacher led sessions.

FS2 - 2 sessions per week with access to PE equipment daily as part of continuous provision.

In order to implement our intent, we:

- use professional/qualified coaching to enhance current provision within school (KS2)
- follow the STEPS PE curriculum to deliver engaging activities focusing on developing physical skills.
- provide opportunities where children can work independently, co-operatively and in team situations through competitive games (modified where appropriate) such as; football, netball, rounders, cricket, hockey, basketball, badminton, tennis, OAA, gymnastics and dance.
- ensure that children, by the end of year 6, will have experienced swimming lessons and be taught how to be water safe in and around water.
- make to Mental Health and Healthy Lifestyles
- have membership of South Axholme Primary Sports Link to participate in inter school competitions and to gain additional coaching in a variety of sports

## IMPACT

Through implementing the above children will:

- Develop their confidence, motor skills, strengthen their muscles as well as make improvements to their stamina.
- Develop the willingness to practise skills in a wide 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.
- Choose a healthy lifestyle, achieved by eating healthily, avoiding smoking, drugs and alcohol and exercising regularly.
- Develop the ability to 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
- Develop new skills and knowledge with experiencing a range of different sports.
- Develop their confidence in water, experience different range of strokes (front crawl, backstroke and breaststroke) as well as be safe-aware in and around water.