

# Grange Primary School



## Physical Education

### Intent

### Implementation

### Impact

*Belong*

*Believe*

*Achieve*

At Grange Primary School, we work hard to build students' confidence in a variety of physical activities and to promote physical fitness as a fundamental part of their life both in and out of the classroom. We provide a diverse and balanced PE curriculum that focuses on core movement skills and teamwork while also allowing all students, regardless of academic or physical aptitude, to explore and develop their very best.

### **Intent**

We feel it is critical for students to acquire a healthy physical and mental health. We provide opportunities for our pupils to learn about how to live a healthy lifestyle. Our curriculum motivates our students by offering them high-quality lessons and a variety of sporting activities. Students have the opportunity to master new skills and develop a passion for a variety of sports and games. We build knowledge, improve fitness, and develop sporting skills by using the main value to underlie our teaching method. We give opportunities for students to build positive attitudes towards physical activity while also improving their individual and team performance.

We accomplish this through offering a diverse, relevant, and entertaining curriculum. All students are challenged to reach their full potential, collaborate effectively to become resilient learners. We try to build the children's' confidence, develop their own perspectives, and reflect both our school and British values in Physical Education. Through invasion games (football, tag rugby), net & wall games (basketball, tennis), strike and field games (cricket), gymnastics, dancing, swimming, multi skills, and OAA (Outdoor and Adventurous Activities), we provide challenges, engaging lessons, enriching experiences, and cultural capital.

### **Implementation**

#### EYFS

The Birth to Five Matters Framework includes 'moving and handling' and 'health and self-care' which help our younger children enhance their physical development. Reception students have a weekly Physical Education lesson with their class teachers and our PE Coach. Nursery pupils are provided opportunities within the provision to help meet their objectives.

#### KS1 and KS2

To support the teaching and implementation of the National PE Curriculum in KS1 and KS2, we utilise plans prepared by The PE & School Sports Network.

Physical Education is a priority across the school. We ensure this by requiring children to participate in at least two hours of PE every week. We also make sure that extracurricular activities provide a variety of cross-curricular opportunities. We offer frequent opportunities for KS2 students to improve their swimming skills, as well as catch-up lessons for those who have not reached 25 metres by Year 6.

We offer a wide range of extracurricular activities as well as possibilities to participate in competitive sporting events. We use an inclusive approach to assist both physical and mental growth in our students. Participation in these events fosters teamwork and leadership abilities, which the students and parents appreciate. We have a team of Play Workers in the playground to help facilitate games with all our children during lunchtime. This allows us to guarantee that our students have the opportunity to develop their sporting talents during lunchtime and in turn receive more than their entitled two hours of physical exercise.

### **Impact**

The impact of the curriculum is measured by students gaining age-appropriate knowledge and the ability to develop their own learning. We teach children how to take charge of their own fitness, physical and mental health, and many of them go on to participate in and succeed in competitive sports.

Through the delivery of our PE curriculum, we provide pupils with:

- Knowledge and sporting skills needed as part of our physical curriculum.
- Skills for competitive sport
- Rich Physical Educational vocabulary
- High sporting goals
- Desire, enthusiasm and a love of PE
- The skills and knowledge to live healthy lives.
- Develop gross and fine motor skills (EYFS)
- Managing self (EYFS)

To encourage and challenge students, we frequently reflect on standards across year groups. We recognise the children's achievements and learning.