



Physical Education

Curriculum Intent, Implementation and Impact



“No matter what or where you come from, if you work hard at something you can achieve it.”

Mo Farah

Intent:

At Hindlip and Tibberton C E First Schools Physical Education is an integral part of our curriculum and we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development. We aspire for children to adopt a positive Growth Mindset and believe that anything can be achieved with determination and resilience. We offer a dynamic and varied program of activity to ensure that all children progress physically through a unique and fully inclusive PE curriculum. Our curriculum aims to improve the well-being and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their personal best. All children participate in competitive sport which can be against self and/ or others. We encourage children to transfer the school values and promises to sporting and physical activity, ensuring that they aim to be the very best that they can be whilst demonstrating the schools' vision, values and aims. We intend for all children to be physically active for sustained periods of time and to be able to make informed decisions to lead healthy and active lives. Thus, embedding life-long values. Swimming is an important life skill and we aspire for all our first school age children to leave our school's having met at least the minimum requirements of the National Curriculum.

Implementation:

- PE at Hindlip and Tibberton provides challenging and enjoyable learning through a range of sporting activities including Invasion games, Net & Wall games, Striking and Fielding games, Gymnastics, Dance, Health and Fitness, Outdoor and Adventure and Swimming.
- Our Year 3 and 4 classes have swimming lessons where they are taught the fundamental skills as part of the National curriculum.
- Pupils participate in at least 2 hours of high-quality PE lessons each week, covering one or two different sports/skills focuses each half term.
- The Long-Term planning for each class sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. This is tracked by the PE Co-ordinator and used as handover for transition at the end of the academic year so that the new class teacher is aware of what the class has already been taught and to identify any areas that need further development.
- Teachers use and adapt planning and resources to ensure lessons across years show progression, supported by our chosen PE scheme 'Get Set PE'.
- We work closely with a range of professional coaches to supplement our own skill sets and to provide staff training.
- Children are encouraged to participate in the varied range of extra-curricular activities. We provide inclusive and enjoyable clubs which increases children's physical activity. Clubs are offered from Reception to KS2.
- Physical activity is embedded throughout the school day through initiatives such as active Maths, Teach Active, BBC Supermovers, Go Noddle and Imoves active blasts.

- Active travel is encouraged, and we take part in the annual Walk to School Week events and take part in bike ability each year.
- Every year our Year 4 children have the opportunity to attend a 3-day residential where they participate in a range of sporting, adventurous and team building activities. This helps to build resilience and confidence, as well as allowing the children to try new sports and activities.
- Year 3 children attend the Aztec Adventure Centre each year where they participate in a day of team building, sporting and adventurous activities.
- Children are encouraged to stay active at break times and can access a variety of equipment to use.
- Children across the key stages are invited to attend competitive sporting events and festivals within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by children.

Impact

At Hindlip and Tibberton we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve *their* personal best. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise. We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of school. Children can represent the school at sporting events and alongside this we share sporting achievements, in and out of school, in celebration assembly. This is so that we are promoting sports and activities, as well as celebrating all levels of success. We aim for all Year 4 pupils to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water which are key life skills. Our pupils are exposed to a wide range of sporting opportunities so they can find a sport for which they have an interest and passion.