

# Curriculum Overview – Physical Education

## INTENT

At Milton on Stour Primary School, we believe that high quality, engaging lessons in physical education are key to a child's physical and mental well being now and in the future and their capacity to make healthy life choices both now and in the future. A broad and balanced physical education curriculum is intended to provide a range of experiences and develop a child's awareness of their body in a range of movements. Our teaching progression, combined with varied teaching approaches endeavour to provide stimulating, enjoyable and appropriately challenging learning experiences for all children. Through the selection of suitable differentiated and logically developed tasks, it is our intention that pupils, irrespective of their innate ability, will enjoy success and be further motivated to develop their individual potential. We would like children to use their skills of oracy to critique performance of themselves and others and to develop their character skills such as teamwork, listening and observation, co-operation and resilience.

We aim for children to:

- Develop increasing ability to select, link and apply movements, tactics and compositional ideas
- Develop an understanding of the effects of exercise on the body, and an appreciation of 'safe exercising'
- Promote an understanding of safe practice and develop a sense of responsibility towards their own and others' safety and well being
- Develop the ability to work independently and within teams and to communicate and respond positively towards others
- Develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency

We want children to enjoy their learning and immerse themselves in physical activities, gaining knowledge and skills, not just through experiences in the hall or on the sports field, but also with the use of planned educational visits, walking and cycling to and from school, outdoor and adventurous activities including water sports and including our 11 before 11.

## IMPLEMENTATION

Children receive two hours of PE per week. The focus in early years and key stage one is to develop early basic skills in gymnastics, dance and games. In key stage two the children experience a wider range of games as well as swimming and outdoor and adventurous activities. Sports clubs after school are held throughout the school year offering a range of activities to pupils of all ages and further additional provision is signposted for those who want to develop specific skills or who have talent. Inter house sports across the school develop a sense of team, contribution and competition and take place each half term. Pupils can be chosen to compete against local schools in a range of sports in key stage two and through festivals held in key stage one.

## **IMPACT**

Impact will be measured at the end of each unit of work and assessments will be collated for each unit. At the end of the school year all units will be considered by teachers, alongside information from lesson observations, pupil voice, attendance of clubs and participation in competitive sports in order to make an overall judgement. The PE subject leader will comprise a statement each year summarising the overall annual impact of the Physical Education Curriculum.

Pupils at Milton on Stour enjoy physical activities and many pupils, by choice, play competitive sports, use the Milton mile running track, use exercise equipment and climbing equipment at playtimes. Pupils all get the opportunity to play inter house sports competitions and enjoy what it means to be part of a team. Many of our pupils scoot or cycle to school, taking part in Bikeability cycle training when reaching the age required. Most pupils leave school being able to swim competently, confidently and proficiently over a distance of at least 25 metres