Almeley Primary School
Little Elms Nursery

Inspiring Children to Become Independent and Responsible Thinkers Since the 1850's

The Intent, Implementation and Impact of our Physical Education Curriculum

Intent

Physical education develops the children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. Physical education at Almeley Primary School and Little Elms Nursery also promotes an understanding in children of their bodies in action. We aim to ensure that children are being encouraged and motivated to think, select and apply skills which in turn, will promote a positive attitude to leading a healthy, active lifestyle. This is our ultimate goal.

The NHS has published data –

- The prevalence of obesity in Reception children (4 to 5 year olds) in England in the 2022 to 2023 school year, 21.3% of were overweight or living with obesity.
- The prevalence of obesity in Year 6 children (10 to 11 year olds) in England in the 2022 to 2023 school year, 36.6% of were overweight or living with obesity.

Physical education is a critical element to our curriculum. At Almeley Primary School and Little Elms Nursery we promote healthy lifestyles by implementing active breaks between/during lessons, linking with science, PSHE and also practising mindfulness. We discuss eating a balanced diet through our science, PE and PSHE lessons. Staff monitor healthy lunch boxes and snacks while leading by example.

It is a well-known fact that children who take part in regular Physical Education and sport make excellent progress in all subjects, are more confident and positive, have more developed social skills, have a better outlook on life and are able to make better informed decisions. We feel that it is of upmost importance to include all children in PE and sport so staff develop and adapt lessons according to children's needs.

Our aims of PE at Almeley Primary School and Little Elms Nursery:

- Develop competence to excel in a broad range of physical activities.
- Allow for opportunities to compete in sport and other physical activities.
- To build character and help to embed values such as fairness and respect.
- To provide a high quality PE curriculum that inspires all pupils to excel and succeed in competitive sport.
- To provide all pupils to become physically confident in a way, which supports their health and fitness.
- Allow time for reflection and analysis of their own performance.
- To achieve their 'personal best'.
- To promote active lifestyles.
- To promote running through the 'Daily Mile'

By the end of Key Stage 1 pupils should:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

By the end of Key Stage 2 pupils should:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team (Manor Adventure/Oakerwood/Orienteering)
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Implementation

At Almeley Primary School and Little Elms Nursery we have focused in particular, on ensuring that our P.E curriculum is progressive for all children. To support our delivery of physical education and sport, we have specialised sports coaches that work alongside teachers. They are there to support members of staff to address any gaps in their knowledge and to support specific targeted groups.

Each Year group has at least 2 hours of timetable Physical Education per week.

Our skills based progression allows for teachers to be clear of end goals, build on what has been taught previously and ensure complete coverage of the curriculum.

A typical lesson structure will follow this pattern:

- Warm up focusing on the specific muscles that the children will be using in the session.
- Introduce basic skill and assess children's starting points
- Skill development
- Assessment for learning – game based or skill based
- Key questions throughout the session

As well as providing an exciting and engaging PE curriculum, we also ensure that all children have opportunities to develop physically in our out of school hours learning clubs. We strive to provide a range of clubs to engage all children in P.E and sport.

We feel that it is important to have aspirational role models. As part of our assemblies, we share with the children aspirational sporting people. Examples, local sports people and welcoming representatives from sporting organisations.

We are also running the 'Daily mile' in years 3-6 and are encouraging young years to get involved, a global scheme which has proven health benefits: "We could have predicted that running daily would make them fit, but we didn't foresee all the other equally important benefits to their mental, emotional and social health and wellbeing, which became apparent over time." Elaine Wyllie MBE

Impact

We measure impact through:

- teacher assessment
- oral feedback
- interschool competitions

Observation of teaching and learning show:

- teachers have a good level of subject knowledge (supported by coaches)
- confident children developing their independence in their learning
- children wanting to achieve their personal best
- children have a good knowledge of the benefits of leading active lifestyles
- children are eager to attend after school clubs and competitive/non-competitive events