Sowerby Primary Subject on a Page – Physical Education

'***Physical Education will develop pupils' enjoyment, confidence and skills and to introduce them to the pleasures of sport to develop a lifelong love of physical activity. It is a subject that gives all pupils, irrespective of age, gender or ability opportunities for participation, enjoyment and success at all levels.***

PE and Physical activity involves thinking, selecting and applying skills and promotes a positive attitude towards a healthy lifestyle, enabling our children to make informed choices about physical activity throughout their lives. Children at Sowerby will receive of high quality Physical Education and activity which is an integral part of their school life. We encourage personal challenge through competitive team and individual challenges in a variety of activities and situations'.

Intent –

- To develop children's enjoyment of physical activity through creativity and imagination
- To enable children to develop and explore physical skills with increasing control and coordination
- To enable children to evaluate and refine and develop their own and others' performance and improve their quality and control as a result.
- To encourage children to work and play well with others in a range of group situations.
- To develop children's knowledge and understanding of different activities and games and apply appropriate rules.
- To teach children to recognise and describe how their bodies feel during exercise and physical activity becoming physically fit, strong as flexible as a result.
- To help children develop interests and skills which will enable them to enjoy their leisure time into adulthood.
- To challenge themselves to be the best they can be- to refine skills and improve upon performance through practice, revisiting skills.
- To be given the opportunity to enjoy regular fitness breaks and exercise regularly within the school day.
- To experience and enjoy competitive activity at an appropriate level for every child.
- To learn to lead.

IMPLEMENTATION –

EYFS

Physical development is encouraged as an integral part of the children's daily work, using objectives set out in the EYFS Development Matters document. EYFS also have a weekly PE sessions. The outdoor area is used daily. The children are encouraged to develop confidence and control in the way they move and take care in the handling of equipment. All children are given the opportunity to undertake regular activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of fixed and moving resources to support specific skills.

Through carefully planned curriculum lessons pupils are:

- A Physical Literacy Curriculum is delivered to build a toolkit skills, actions and ideas in Key stage 1 with more sport specific curriculum in Key stage 2 – Following a clearly sequenced and progressive program of study based on the national curriculum objectives through the use of long term plans.
- Children are given the opportunity to practise by repeating and refining actions. E.g. making movements more controlled, effective or expressive.
- Children know how to improve the quality of their work, using peers, teacher, ICT opportunities and self- evaluation.
- Children know why physical activity is important to their health and well- being.
- Children understand and accept the rules and conventions of taking part in different activities safely.
- Pupils have the opportunity to learn to swim at least 25m and complete a safe self -rescue until they are able to reach the required standard at Year 6.
- Able to Recognise the strengths of individuals other than themselves, and how their skills, which may not be physical, can enhance a team and individual performance.
- Experiencing great PE lessons that are appropriately pitched to every individual.
- Assessed regularly based on key milestones and our PE intent.
- Accessing a range of equipment and resources for PE and Physical Activity which supports effective learning.
- Having access to a wide range of extra- curricular activities through promotion of community clubs and community club links within school (School / community club sessions)
- Access to Thirsk area School Sport Competition Pathway (both virtual and face to face competitive opportunities) against others and personal best competition.
- Pupils have access to holiday sports clubs, lunchtime play leader activities and extra – involving both school staff and the wider community. Curricular activities.
- Pupils experience OAA both on the school site in PE lessons and through residential trips in Year 4 and Years 6

As a result – Impact

Pupils are enthusiastic to participate, lead, compete and discuss aspects of Physical education and sport using appropriate technical vocabulary. They are active at playtime and throughout their school day. They display good sportsperson ship and progress at the end of each key stage in PE is evident.