



PE at St Margaret's **Intent, Implementation & Impact**

Everyone is valued. Everyone is motivated. Everyone achieves.

Intent

Physical education aims to provide children with the opportunity to be creative, competitive and active. It not only develops co-operation, teamwork and self-esteem but we are committed to promoting positive attitudes so that our children and families have a healthy, active lifestyle. Exercise also has a positive influence on children's concentration and achievement across the curriculum.

PE is taught to provide positive, challenging and active experiences to instil a love of sport, aiming to encourage our children to develop a lifelong interest in physical activity. Stimulating and engaging lessons will enable children to improve physical skills, gain confidence and face challenges as individuals, groups and teams. We want our pupils to become confident, independent learners so they can solve problems, collaborate with others and believe that they can go and achieve something special in a range of sports, both now and in the future.

In line with The National Curriculum, we aim to develop:

- 🌐 Positive and determined learners who tackle physical challenges positively
- 🌐 Confident learners who recall, use and apply Physical Educational knowledge, concepts and skills fluently in a variety of sports
- 🌐 Problem solving and tactical application, in a range of physical activities
- 🌐 Both independent and collaborative work to enhance learning
- 🌐 Confident communicators who can share ideas, learn from mistakes and evaluate and analyse their own and others' performances
- 🌐 Resilience and tolerance when competing with each other
- 🌐 Agility, balance, co-ordination, strength, stamina and flexibility
- 🌐 Competent swimmers who understand the importance of water safety
- 🌐 Creativity, competitiveness and the desire to achieve personal bests

Implementation

Each week, children will receive two PE sessions per week, covering the full spectrum of the National Curriculum. Children in Years 4 and 5 will receive a full term of swimming lessons taught by qualified swimming teachers. Where possible, physical activities are included in other subjects to ensure that our children exercise each day.

Our long-term plan sets out the units to be taught in each year group to ensure that the requirements of the National Curriculum are met.

Our PE progression map shows the key knowledge and skills that our children should acquire each year with a clear sequence of learning across Key stage 2 to maximise the learning for all children.

Using PEDPAS along with PE Planning and The PE Hub resources, our short-term plans ensure these key knowledge and skills are taught in a progressive and challenging way.

Our 'Key Expectations' document outlines the key elements that will be found in our PE lessons.

At St. Margaret's, PE lessons will provide challenging and exciting learning through a range of sporting activities including invasion games, gymnastics, dance, striking and fielding, net/wall games and outdoor and adventurous activities. Flashbacks at the start of lessons ensure prior knowledge is secure before moving on. Teaching staff ensure children take part in warm up activities and ensure they understand the benefits of these. Modelling key skills allows all children to access and understand new learning and plenty of mini activities leading to longer games ensures all children gain knowledge and skills required to play and enjoy different sports.

We also provide enrichment opportunities provided throughout the year such as Forest Schools and Team Building days, allowing children to learn adventurous activities outside the classroom which encourage all children to be problem solvers as well as promoting teamwork and leadership skills. Year 6 have the opportunity to spend 3 days at Laches Wood to further these activities.

Additionally, we offer a wide range of opportunities to learn and develop in high quality pre-school and after school clubs. These are popular and include a variety of sports that children may not otherwise learn and enjoy. Children are given the opportunity to take part in intra-school competitions and attend inter-school competitive sporting events within the local area. Inclusive events mean that all children feel valued and can take part in such competitions.

Each class has a Sports Ambassador who assists in lessons, sporting activities and Sports Day. They attend half termly meetings to give feedback from classes, discuss their learning and experiences and provide pupil voice.

Impact

At St. Margaret's the PE curriculum is effective and high-quality ensuring children develop a range of skills which they can apply to a variety of individual and team sports and physical activities. We focus on progression of knowledge and skills in a broad range of topics and provide all children with opportunities to demonstrate improvement in achieving personal bests throughout the year.

Children will improve their fitness and stamina and learn how to lead a healthy lifestyle, understanding the importance of exercise within this. They will all have had specialist teaching in order to be able to swim at least 25 metres by the end of Year 6 and know how important this is as a life skill.

A PE board displays the individual and team successes that children at St. Margaret's have enjoyed and inspire other children to strive for their own. Popular uptake at a range of clubs across all year groups, provide further opportunities for children to enhance skills, knowledge and experience teambuilding activities.

Through effective teaching, children will use subject-specific vocabulary with confidence and be able to apply tactics to game situations. They will be able to evaluate their own and others' performances and suggest improvements for greater success. Through PEDPAS core tasks completed both at the start and end of topics, all progress can be identified and assessed using our assessment grids. Additionally, video and photographic evidence is used to enable staff to do ongoing assessment throughout and on completion of units.

We have achieved the School Games Gold Mark for the past 4 consecutive applicable years and 95% of children across school say they enjoy PE.

Children value their own and others' work, they feel motivated to learn and are inspired to create and achieve.