



P.E. – Intent, Implementation and Impact Statement

Intent:

- To develop pupils' physical competence and confidence in their ability and to use these to perform a range of activities.
- To improve skill levels, develop physical development and knowledge of the body in action.
- Provide opportunities for pupils to be creative, competitive, co-operative and face up to different challenges as individuals and in groups or teams.
- To foster positive attitudes toward healthy and active lifestyles choices.
- Develop attitudes such as fair play, good sportsmanship and respect.

Implementation:

At key stage 1, pupils are taught to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. They are taught to 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. They also participate in team games, developing basic tactics for attacking and defending and perform dances using simple movement patterns.

At key stage 2, pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They are encouraged to communicate, collaborate and compete with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils are taught to run, jump, throw and catch in isolation and in combination; play competitive games 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; compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Children in both key stages are offered the opportunity to participate in a wide range of extra-curricular sports clubs and both intra and inter school competitions.

Swimming instruction currently takes place in Year 2 as core and in a selection of key stage 2 classes as 'top up' sessions using the sports premium funding. The children are taught to: swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively and perform safe self-rescue in different water-based situations. Our intention is to ensure that as many children as possible are able to swim 25 metres by the time they leave the school in Year 6.

Impact:

- There is a joy and excitement about P.E. lessons and pupils look forward to their sessions.
- Pupils are able to understand and know how to warm up, express themselves physically and cool down; they are able to talk about the positive aspects of physical education on their health.
- Pupils are given the opportunity to participate in a wide range of physical and sports-specific activities and have had an opportunity to compete at different levels of sport.
- Pupils become more proficient at physical activities and sports-specific skills.
- Pupils develop self-confidence within individual skill activities and 'team' scenarios.
- Pupils demonstrate the values of sportsmanship, fair play and respect.