



## Physical Education



“A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. “

Physical education is a compulsory part of the curriculum for all pupils at every Key Stage, from age four to 16. It is up to schools to determine how much time is devoted to PE in the curriculum, but departmental guidance recommends that they should provide pupils with a minimum of two hours curricular PE per week. The minimum content for each Key Stage is as follows:

- Key Stage 2 - athletics, dance, games, gymnastics and swimming

*DFE, 11<sup>th</sup> September 2013*

### Intent

At Emerson Valley School it is our intent that all children are taught by experienced staff in a safe and supportive environment. We believe this is essential to ensure our children achieve their optimum physical and emotional development whilst learning and maintaining good health that inspires all children to succeed in physical education and in developing life skills. They are taught the importance of how physical exercise promotes their healthy growth, development and provides a better well-being. At Emerson Valley School we encourage as many children as possible to take part in sport and games that allows opportunities for those to prolong their interests in team and individual sports/activities within and outside of their school day. We want to teach children the life skills to keep them safe such as being able to swim. We provide a swimming programme for children to feel competent within water and progress to achieving their 25 metres before they leave Year 6. Clear pathways are provided for all pupils to access local clubs and venues to promote a lifelong love for physical activity and healthy lifestyles. We want to teach children how to cooperate and collaborate with others as part of an effective team, demonstrating leadership amongst peers, understanding fairness and equity of play to embed life-long values.

### Implementation

We provide highly skilled staff in assessing and improving children’s practical skills, through the sporting skills taught and underpinning values and disciplines PE promotes. Promoting the School Games Values of - Passion, Self-Belief, Respect, Honesty, Determination and Teamwork.

- Pupils participate in 2 high quality PE lessons each week, covering 2 sporting disciplines every half term. We provide challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
- Our long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met
- The curriculum is further enhanced by participation in numerous sporting festivals and tournaments with other schools in the area and after school clubs. We ensure there are opportunities available for all pupils to participate in competitive and non-competitive activities, through intra- and inter-school competitions and events
- We ensure that the children participate in active lessons outside of their regular PE lessons. This involves incorporating moments within lessons whereby the children can be active. We have recently installed a Daily Mile track which every class engages in daily.
- We have increased our leadership programme which includes Sports Captains and Vice Captains, who deliver various intra-school competitions for children in Year 5 and 6. Young Leaders assist the engagement via games and activities towards children within Year 3 and 4 at lunch time and support every child’s inclusion.
- Children in Year 4 swim once a week for a minimum of 6 weeks during the Autumn and Spring term. We then focus on our Year 6 children to enable them to achieve their 25m before leaving Emerson Valley School

### Impact

Our children have a secure understanding of the benefits of leading a fit and healthy lifestyle. They progress well throughout each year group and meet the objectives set, which can be seen and heard through assessment and pupil voice. They are eager to attend a huge variety of after school clubs, competitive and non-competitive sporting events. Every child matters to us, every child is included in a sporting activity outside of their normal school day. We believe that we motivate children and teach them that to be successful, they must take ownership and responsibility for their own health and fitness. Some will leave us with the leadership skills to continue their development throughout secondary school and all our children leave us to independently and effectively live happy and healthy lives and with the correct mindset to succeed in anything their heart desires.