

## Physical Education Curriculum Intent, Implementation & Impact

### **Our Intent for our Physical Education Curriculum**

Broad Oak Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Broad Oak, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We also hope to allow children access to as many different activities and sports as possible in order to give our children opportunities they may not get outside school.

PE at Broad Oak Primary School provides 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.

The 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.

Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extracurricular activities.

Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Each year a small group of Year 6 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.

Children participate in workshops covering a variety of sports throughout the year. For example, archery, outdoor and adventure, Kung-Fu, golf and skipping, again providing the children with an opportunity to develop, improve their fitness and to try something new.

At Broad Oak we feel the skill of swimming is a high priority. Many of our children are not taken swimming out of school so we endeavour to provide as much opportunity for swimming lessons in school. The year 3 class go swimming for the full duration of the year and, in addition to this, a group of mixed KS2 children are taken as a way of 'topping up' these swimming lessons.

In order to develop staff and to allow children to experience as many different activities as possible we bring in as many external specialised coaches as we can and make links with local sports clubs wherever possible.

### **The Impact of our Physical Education Curriculum**

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.