



## PE

### INTENT– What does PE look like at The Greville?

Through our PE curriculum and enrichment programme, we aim for children to understand the positive impact physical activity can have on their emotional, physical and social well-being. PE develops children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. It promotes positive attitudes towards a healthy lifestyle and PE naturally builds on our school values of Resilience, Responsibility and Respect.

A varied curriculum is in place to support PE, with activities including: dance, athletics, gymnastics, games, swimming and water safety and outdoor adventure activities.

Through the teaching of PE, we intend to:

- Enable children to develop and explore physical skills with increasing control and co-ordination.
- Encourage children to work and play with others in a range of group situations.
- Develop the way children perform skills and apply rules and conventions for different activities.
- Show children how to improve the quality and control of their performance.
- Teach children to recognise and describe how their bodies feel during exercise.
- Develop the children's enjoyment of physical activity through creativity and imagination.
- Develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.

### IMPLEMENTATION - So, how are we going to deliver this?

- Planning of P.E and Games is aided through the use of Get Set for P.E from years reception to Year 6. Our Gymnastics curriculum is created by a qualified gymnastics coach and is in line with the National Curriculum.
- Lessons are active, engaging and accessible to all with opportunities for ALL children to engage in competitive sports and activities. Children have at least two hours of PE a week and over the course of the year, children in KS1 and 2 will experience a range of physical activities.
- In the Early Years Physical Development is encompassed into daily within the learning environment e.g. climbing wall, trim trail, gross motor activities etc. In addition to this, children also experience a weekly PE session, supported by coaches.
- For games, children will develop skills through a variety of invasion games, net and wall games, striking and fielding games and athletic disciplines. The school employs a sports coach to teach these lessons alongside the teacher in order to provide high quality lessons.
- Lessons build-up on skills and then applying these in gym/dance and games. The majority of PE lessons are discrete; cross-curricular links are used where relevant for dance.
- PE is further supplemented by regular short active bursts which may include: yoga, skipping, daily mile, classroom workouts or outdoor learning games. These are used as an opportunity to re-energise children as research shows that physical activity impacts positively on concentration levels.
- Children in Year 4 attend a weekly swimming lesson (for a term) and there is the opportunity for those children who have not yet achieved the 25m minimum expectation to have further lessons in Year 6.
- Year 4 and 6 have annual trips in which they undertake a series of physical and challenging activities.
- The PE curriculum is also enriched by a variety of sporting clubs led by school staff and visiting professionals, both before and after school.
- The school competes locally with other schools in sporting events and our aim is for as many children as possible from Y1-Y6 to represent the school each year.
- During the summer term, Sports Day is held for the whole school covering a range of track events. This inter-house event focuses on team work, competition and participation.

## **IMPACT - What difference is this curriculum making to our children?**

Children enjoy PE. Through their PE, the children are able to understand the need to lead active lifestyles, and the importance this has on their health and well-being. The children have a range of physical abilities but we provide a wide range of physical learning opportunities. These enable children to understand about 'personal best', team work, fitness levels, skill acquisition, respect, enthusiasm and resilience.