



Physical Education

Intent

At Preston Primary School, the intent of teaching Physical Education (P.E.) is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. P.E. can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance it will allow children to explore their personal and spiritual identity.

Implementation

At Preston, the P.E. curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning. We teach the National Curriculum, supported by a clear skills and knowledge progression using *Chris Quigley's The Essentials Curriculum*. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, coordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. Children will also have a series of structured swimming sessions.

In addition to the P.E. curriculum, children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort, as well as success, is recognised. Children are encouraged to participate in exercise through-out the day through lessons, the Daily Mile, clubs, outdoor learning, lunch provision and special events.

Impact:

By the time children leave our school, they should have:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.

- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.
- Opportunities to compete in inter-school sports competitions in a variety of sports.