

Intent

At Powerstock, we provide a PE curriculum for pupils from Reception to Year 6 that allows them to experience a range of activities that help them to develop their health, fitness, wellbeing and skills that can be transferred to all areas of their lives and have a positive impact. We want pupils to enjoy being active and well. We intend to offer a high-quality physical education curriculum that inspires all pupils to improve, succeed and excel in competitive sport and other physically-demanding activities. It provides 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, respect, resilience, friendship and perseverance. The PE lead works closely with a parent governor to further embed PE through our 'proud to be active' drive whereby physical activity is promoted and its profile raised through specific events as well as making opportunities to be active in smaller ways each day.

Through the teaching of PE Powerstock Primary School intends to:

- Develop competence to excel in a broad range of physical activities
- Enable children to experience a wide range of different physical activity and sports.
- Enable opportunities for children to be physically active for sustained periods of time.
- 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.
- Engage in competitive sports and activities.
- Develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.
- Assess pupils learning, analyse and interpret the results to inform future planning and lessons.
- Lead healthy, active lives.

Implementation

Pupils at Powerstock Primary School participate in weekly high quality PE and sporting activities. We offer at least 2 hours of curriculum time per week. Children are taught regularly by both teaching staff and sports instructors from Reception to Year 6.

Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. These include: swimming (for both Key Stages) and water safety for KS2, gymnastics, dance, athletics, games and outdoor adventure activities. Throughout each year, we provide opportunities for all children to engage in intra school competitions, extra-curricular activities after school and competitive sporting events (inter school competitions). This is an inclusive approach which endeavours to encourage not only physical development but also well-being.

PE is further supplemented in both Key Stage 1 and 2 by the use of The Daily Mile – an initiative that we have adopted to encourage pupils to walk, run, skip around a track in the school grounds, to increase the amount of physical activity they participate in each day. Where possible, staff also engage in this activity as good role models for children.

We aim to ensure that the children participate in physical activities outside of their regular PE lessons. This involves incorporating moments within lessons whereby the children can be active. It also includes opportunities to compete and participate in sports activities beyond Powerstock School at after school clubs hosted at nearby schools and venues.

Forest School is an integral part of our school curriculum. Every child has the opportunity either weekly or fortnightly to engage in outdoor activities to enhance their physical and mental well-being and develop a wide range of other skills.

Years 5 and 6 have a bi-annual residential trip usually in the summer term in which they undertake a series of physical and challenging activities that can include abseiling, climbing wall, fencing, trapeze/high wires.

Each year the 2 oldest year groups (Years 5 and 6) are also given the opportunity to experience water sports such as sailing.

During the summer term, sports days are held for EYFS and KS1 together and KS2. These events cover traditional sporting activities and promote participation and fun.

Impact

The most impact is that all pupils regardless of their ability will enjoy physical activity and feel good when they have been active. We want them to increase their activity and see personal improvements in many ways, from their own physicality, fitness levels and skill levels.

An example of this has been how we have taught swimming since (2019/20). Rather than 6 weeks of swimming teaching, we have doubled this to a whole term (at least 10 weeks). The progression of strong, weaker and non-swimmers is marked. We aim to continue to do this in 2022/23 so that pupils will become more competent and stronger swimmers by the time they reach Year 6.

By the end of each key stage, pupils are expected to know, apply and understand the skills and processes specified in the relevant programme of study. At Powerstock

School, we use assessment for learning (AFL) and summative assessments to determine children's understanding, ability and progress. This informs teachers' future planning. Learning walls are used to monitor the progress of children throughout their primary school career and children have the opportunity to review and assess their own work and learning.

By using assessment, questionnaires and surveys (pupils and staff) and by talking to children, the quality of lessons and confidence in the teaching of PE improves and, as a result, the enjoyment and positive outcomes increase.

Children engage in activities that can include Wake and Shake, The Daily Mile, Forest School, playground games, sports days, intra and inter-school competitions, active learning in lessons in addition to their 2 hours per week of curriculum teaching. They experience a wide range of physical activity ranging from a few minutes, to a whole afternoon.

Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful children must take ownership and responsibility of their own health and fitness, work hard, show courage and resilience and have the determination to believe that anything can be possible. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in all aspects of their lives in order to live happily and healthily.