



Sharow CE School's PE Vision

Transforming primary PE experiences to enable all children to flourish. Focusing on agility, balance, coordination, healthy competition and cooperative learning.

Intent, Implementation & Impact for Physical Education (PE)

- **Intent**

Sharow CE 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 PE 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 Sharow, not only through the fundamental skills taught, but through the underpinning values and disciplines that PE promotes.

- **Implementation**

PE at Sharow CE Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, strike and field games, dance, swimming (Y3/4) 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. To achieve this, our curriculum is designed around REAL PE, a multi-skills programme that develops the children's ability in the core skills of agility, balance and coordination through a series of movements and skills. This approach is designed to ensure that all children, regardless of their abilities, can engage in meaningful and progressively challenging skills development that can be applied across to a range of games: rather than just learn rounders specific skills, for instance, the children learn a range of skills that can be applied to any striking and fielding game, developing their ability to engage in any striking and fielding game. There is also opportunity for children to work on dance and gymnastics throughout each year.

Due to the nature of the REAL PE skills programme, lessons are extremely adaptable – a session can have children working on a very wide range of skills so all children can be included, and all children can be challenged.

In EYFS, children engage in active play and learning throughout the day with outdoor physical activity included as an important part of the daily routine. Children also take part in one adult directed PE session based on the fundamental movement skills of agility, balance and co-ordination. This is developed by using the REAL PE foundation platform. Stories, games and songs enable the children to access the sessions in a fun and engaging way. Emphasis is put on creating fun and enjoyable sessions for the children which aim to inspire a love of sport and physical activity.

In KS1 children continue to work on the progression of fundamental skills by following the REAL PE, dance and gym programme. Children build on the fundamental skills taught in EYFS and aim to master basic skill movements such as running, throwing, jumping and catching as well as beginning to develop balance, agility and coordination. Children are introduced to team games as well as individual sports. Basic tactics



are introduced to the children as well as competitive sports whether that be competing against other children, teams or themselves.

In KS2 progression of skills is achieved through the delivery of the REAL PE, gym and dance platform. Children will learn how to apply all skills taught throughout their school journey in isolation and combination. They develop an understanding of how to improve, evaluate themselves and others and recognise their own success. There is a bigger focus in both competition against themselves or other children for example in athletics. Children are also provided with swimming lessons throughout Year 3 and 4 to allow them to meet the objectives outlined in the National Curriculum. PE is adapted when necessary to ensure it is fully inclusive and all children are engaged. Throughout KS1 and KS2, class teachers follow the PE Progression of Skills Document. The aim of this is to see a clear progression of skills throughout their school journey. Children participate in workshops during 'sports week' covering a variety of sports throughout the year. For example, tennis, yoga, balance bikes, again providing the children with an opportunity to develop, improve their fitness and to try something new. As well as this, the school is part of the Sports Festivals run by Sporting Influence which entitles us to regularly compete against other schools in Ripon and Harrogate.

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.

- **Impact**

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.

- Developed confidence amongst staff in the teaching and assessing of PE. Evidence of pupils making progress as a result by introducing REAL PE assessment.
- Incorporate more reflection time within PE lessons for pupils to track their own progress.
- Teachers confidently recording the levels of attainment of all pupils in all areas of the PE Curriculum
- Evidence of progression in all areas of PE Curriculum.
- More pupils attending a variety of sporting clubs offered after school and outside of the school day, therefore improving and developing their fitness, skills and knowledge
- The development of all pupils physical, social and cognitive skills through PE (cross curricular links where possible).
- The improvement and development in pupils' teamwork, leadership and communication skills through all PE lessons, playtimes and Sports Leaders.
- Children that are at risk of physical inactivity, obesity and poor diet are identified as priorities to support.