



Newtown C of E Primary School

P.E. Rationale

Intent

At Newtown C of E Primary School the skills, values and opportunities created through Physical Education play a vital part in the daily lives of our children. Physical activity not only has a positive impact upon academic learning but also the physical, mental and emotional well-being of our children.

The Physical Education curriculum within the school is underpinned through Physical Literacy, inspiring all pupils to thrive and excel in skill, understanding, competitive sport and aesthetic challenges of physical activity. Engaging in a broad and balanced PE curriculum enables all pupils to grow in competence and confidence, being challenged to embrace roles beyond the learner such as umpire, coach and official. PE also provides plentiful opportunities to build and mould character, embedding key transferrable values such as equality, teamwork and respect, which can be applied throughout the curriculum.

Imparting an appreciation of school sport provides all children with a sense of belonging, witnessing the power of sport in bringing together not only school but also the local and global community through various sporting events. The range of skills and activities delivered including; athletics, games, dance, gymnastics and swimming allow children to explore a range of positive experiences, which provide a healthy foundation to build upon instilling a life-long understanding of the benefits of an active lifestyle.

Implementation

The school upholds the government requirement of delivering a minimum of 2 hours of physical activity per week. PE planning is underpinned by the Get Set 4 PE scheme, which allows for purposeful learning, modelling of skills and self-exploration of rules and tactics across a wide range of key focus. In addition, children are provided with ample opportunities to develop skills through a well-populated extra-curricular timetable, delivered by school staff with sports / activities changing on a termly basis. We also have coaches from Pompey In The Community brought in to provide staff CPD and widen the opportunities available to our school community.



We aim to ensure that pupils:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.
- We aim to ensure that KS2 pupils:
- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball and rounders], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor challenges both individually and within a team
- Compare their performances with previous ones using subject specific language and demonstrate improvement to achieve their personal best
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations

Impact

We believe our children will:

- Participate in physical activity for sustained periods of time.
- Achieve a sense of enjoyment from being physically active, appreciating the benefits of healthy lifestyles.
- Demonstrate the values of equality, teamwork and respect, highlighting the discipline that sport can provide.
- Develop an awareness of fair play and sportsmanship enabling pupils to work effectively in competitive and cooperative situations.
- Engage in the processes of evaluating, reviewing and improving performance to achieve personal best.
- Engage in opportunities to compete and perform, having access to exit routes to encourage life-long activity.