



Physical Education

Intent

P.E. at St George's Beneficial Primary School enables children to develop their physical, emotional, social and mental health in a safe and supportive environment. As well as a variety of sports, our P.E. curriculum intends to develop values that are essential to playing sports. This links to our Christian values: courage, hope and respect. We are committed to growing a culture within our community where physical learning is valued. Being aware that physical education is of the utmost importance to pupils' overall health and well-being we actively encourage all our pupils to participate in physical activity throughout the day as 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 activities.

Our belief is that P.E. should be accessible for all children and our curriculum ensures all children can take part in sport and develop a love for movement and competition.

Implementation

Using Get set 4 PE we deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills, through a high challenge, low threat approach. The scheme contains key skills for social, emotional and thinking and progression in skills.

The long term plan sets out the P.E. units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.

Children participate in two high quality P.E. lessons each week covering two sporting disciplines each half term including: gymnastics, dance, invasion games, net and wall games, strike and field games and outdoor adventurous activities. Our objectives within the lessons are to develop the children's physical skills, cognitive thinking and social skills.

Children in Year 3 have swimming lessons once a week for ten weeks. We repeat the swimming course for children in year 5 that are still unable to swim.

Children in Year 6 attend a 3 day residential at the New Forest Activity Centre.

During the day, brain breaks help to support children's mental well-being and physical health. Where possible pupils make cross curricular links to other subjects such as exploring rhythm of music in dance and Outdoor Adventurous Activity can be seen within the geography curriculum.

We expect children to participate outside of regular PE lessons with our Get Set 4 PE scheme providing activity sessions for 'class room P.E.' and lunchtime and afterschool activities and active families (for parents).

We provide after school clubs and the curriculum is enhanced by participation in numerous sporting events within the city through Portsmouth School Sports Partnership. This is an inclusive approach which endeavours not only physical development but also mental well-being. These events support the development of teamwork and leadership skills and are very much enjoyed by the children. St George's buys into 3 programmes with Portsmouth in the Community which include staff CPD and team coaching, teaching quality dance and an enrichment offer for an after school club.

Impact

Children are motivated to participate in a variety of sports through quality teaching that is engaging, inclusive and fun. We encourage children to be physically active and this has positive implications on their learning in the classroom. Children learn to take responsibility for their own health and fitness and we equip our children with the necessary skills so that they can grow up to live happy and healthy lives using the skills and knowledge that they have acquired through P.E.

Assessment of skills and knowledge, identified within the P.E. National Curriculum, is carried out within the lessons. The Get Set 4 P.E. scheme has clear success criteria for each lesson enabling staff to identify skills acquired and plan future lessons based on those skills, drawing together evidence from lesson observations, evidence through photographs and pupil conferencing to monitor ongoing progress.

Our P.E. curriculum is planned to demonstrate progression of skills across the school. Summative assessment judgements are made against the National Curriculum at the end of the year. Children's attainment and progress is shared with parents in their annual report.