

Physical Education



Intent

At Sunningwell school, we are passionate about PE. We recognise that physical activity and sport are essential parts of a child's everyday life and that they are a key factor in their future well-being. We want every child to find enjoyment in physical activity and aim to provide them with a wide range of opportunities so that they can discover the right kind of activity for themselves and experience the benefits that an active lifestyle can provide. We aim to present them with opportunities to compete against themselves and others, work in partnerships and teams, build self-confidence and perseverance and the real sense of achievement that this aspect of a child's education can provide. A key part of our aim is to provide the children with a broad and balanced curriculum within physical education and to provide the opportunities for the children to play in festivals and compete over a wide range of events. In doing so, we aim to teach the children to follow the conventions of fair play, teamwork, perseverance, and respect.

Our aim is to prepare and support pupils towards a healthy and active lifestyle choice for their future mental and physical well-being.

Implementation

At Sunningwell Primary School, PE is taught twice weekly, for a minimum of two hours within Key stages 1 and 2, where a positive attitude to PE is created and expectations reinforced that all children can achieve success in PE. Our fully inclusive PE curriculum incorporates a wide variety of sports including, athletics, netball, football, hockey, tennis, badminton, NFL, cricket, swimming, gymnastics, and dance. Our programme ensures all children develop the confidence, tolerance, and appreciation of their own and others, strengths and weaknesses. We provide opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage, not only physical development, but also well-being for all pupils.

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, annual sports day, and other sporting activities.

All children walk or skip every morning, to create good habits for an active lifestyle and improve mood, promoting a positive attitude to learning.

EYFS

We recognise the importance of physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development: Fine and Gross motor. Children in the EYFS access time and space to enjoy energetic play daily outdoors. The children also access specific physical development through timetabled PE lessons in Reception (in preparation for Year 1) which give the children the opportunity to learn and practise fundamental movement skills. They participate in activities where they can practise moving in different ways and at different speeds; balancing, rolling, throwing balls and bean bags, catching, kicking, movement and dance to music.

Impact

PE is taught as a basis for life-long learning. We believe that a successful PE curriculum where children have access to a range of activities and have a positive, successful experience will then create children who will continue to have a physically active life. They will also have a good understanding of what a healthy, active life is like and the benefits of leading one. Opportunities to compete in sport and other challenging activities will build character and help embed values such as fairness, respect, and teamwork. Children should be prepared for the next step in their learning and life journey and in a position to participate fully in the sporting and active opportunities in education and beyond.