

Physical Education – Cotherstone Primary School

Intent:

Physical education promotes an understanding in children of their bodies in action. It enhances cognition skills and creativity by encouraging children to think about, select and apply different skills to a range of activities. PE also promotes positive attitudes towards a healthy lifestyle, enabling children to make informed choices about physical activity and healthy pursuits. Through PE we provide an ethos of security, support, care and mutual respect where effort is valued and success is celebrated.

PE develops a child's knowledge, skill and understanding so that they can perform, with increasing competence and confidence, in a range of physical activities. A varied curriculum is in place to support this with activities including dance, gymnastics, games, outdoor and adventurous activities (OAA) and swimming & water safety enabling children to become active, responsible and caring members of the school and wider community.

Through these activities, children will develop and apply their fundamental movement skills, extend their agility, balance and coordination individually and with others. They will master basic movements including running, jumping, throwing and catching. They will also participate in team games, developing tactics for attack and defence as well as performing dances using various movement patterns. Children will understand the benefits of good communication in physical activities, understand how to improve and learn to recognise and evaluate their own and other's successes.

Our children will also be given swimming instruction at Teesdale Leisure Centre and will be taught to swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively. They will be taught to perform safe self-rescue in different water-based situations.

Implementation:

Learning across the school is sequenced to build knowledge, skills and vocabulary related to all aspects of physical education taking into account children's physical development. Lessons are planned effectively which take prior learning and current assessment into account and are appropriately differentiated to enable all children to maximise their potential.

Reception:

Children in EYFS participate in daily exercise within Class 1 and the outdoor play areas including the garden. They also have use of the hall and 'Dinosaur

Room' for at least two sessions per week. Cross curricular links also enable PE links to be with other subjects including literacy and numeracy.

Key Stages 1 & 2:

All pupils from Years 1 - 6 are entitled to a minimum of two hours of planned physical activity per week (swimming will be included in this time). For further information on the PE curriculum, please see the PE long-term plan.

To further encourage physical activity within the school, a range of activities are available to our children and their participation is greatly encouraged, such as:

- Staindrop School Sports Partnership enables all children to participate in either a 'Multi-Skills' festival or a specific game-based competition per term including Tag Rugby, High 5 Netball, Football, Cricket, Athletics and Outdoor & Adventurous Activities.
- Fit For Life is a program of short-burst activities designed to be done in class and to last 10 minutes per day used to energise children, increase strength, balance and coordination and to facilitate cognition and learning.
- The Daily Mile challenge is encouraged and children are rewarded with 'little people'/'house points upon its completion. Children are able to walk, run, hop, skip etc around the school field and/or playground during break and lunchtimes as well as during lesson times as a way of re-energising them and increasing their physical activity in the school day.
- Playground leaders and staff routinely offer clubs and activities during lunchtime and morning & afternoon breaks including dance, tennis, badminton, football and dodgeball.
- Residential trips are offered to children in Years 5 & 6 during which they participate in a range of physically challenging activities such climbing wall, mountain biking, obstacle course, canoeing, abseiling and archery among others. Children are encouraged to work cooperatively and in competition during these challenges.
- Our Adventure Trail and Climbing Wall are excellent opportunities for physical activity for all children during breaks and lunchtimes.
- Sports Day activities take place in the summer term and is an opportunity for children to compete in their house groups against the others. Children take part in a range of athletics-based activities to score points as a team.

The traditional 'water-carrying' challenge along the adventure trail is always a highlight.

- All children from Years 4 – 6 are invited to 'try out' for our Mixed Boys and Girls School Football Team. Though, we are a small school, we have won several tournaments and leagues over the last few years!
- Children are encouraged to participate in local Cross-Country events held at local schools.

Impact:

Our high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities and pupils become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character embed values such as fairness and respect and promote pride in the community and British values.

There is a wide range of physical ability throughout the school and lessons are carefully planned and differentiated to include and challenge all children to a suitable degree. We strive to increase children's fitness, health and skill levels while developing their resilience, perseverance and teamwork skills.

Through assessment of individuals throughout sequences of learning, questionnaires, surveys of both staff and pupils and audits of CPD requirements, the quality and outcomes of the deliverance of PE improves along with children's positive experiences and enjoyment.