

Ilam CE Primary

PE Curriculum Statement

Intent

At Ilam CE Primary School, we recognise the value of Physical Education (P.E) to a child's physical, cognitive and social and emotional development.

We are committed to supporting the health and wellbeing of our children and understand the impact that physical activity and sport has on this.

We aim to provide a broad and balanced P.E. curriculum which fully adheres to the aims of the national curriculum as well as going beyond its expectations in some areas. We aim to increase our children's self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. Our curriculum also aims to promote an understanding of the many benefits of exercise through a range of relevant activities to educate them on leading healthy and active lives.

In addition to the importance placed on PE lessons we also have a wider curriculum offer which includes opportunities for pupils to take part in extra-curricular sports and activity clubs and competitions. Daily physical activity and health enhancing activities also play a crucial role in our offer to pupils including making lessons active where possible, active lunchtimes and initiatives such as The Daily Mile.

Implementation

P.E. is taught at Ilam CE Primary School as an area of learning in its own right as well as integrated where possible with other curriculum areas. It is taught at a minimum of one PE session a week, and two sessions per week wherever possible.

Making use of our extensive grounds and enviable surroundings (The Peak District), we provide opportunities for children to become physically confident in a way which supports their health and fitness particularly through Forest School. All of our children participate in a weekly session of Forest School, where learners not only have the opportunity to develop their physical skills but have the opportunity to grow in confidence, develop social skills, gain independence as well as learning how to work co-operatively. Throughout the year, our children also engage in activities such as:

- Walks up Bunster Hill
- Walks to the Stepping Stones
- Walks/ rambles around local area.

We also teach above and beyond the National Curriculum expectations in swimming as children from Reception through to Year 6 swim for two terms each year.

Pupils within EYFS have access structured activities at least once a week, where the Sports Xplorers scheme is used to develop areas of fundamental movement incorporating storytelling into its teaching resources. Cross curricular links enable PE activities to take place during literacy and maths.

In KS1 the curriculum focuses on fundamental key skills to develop early stages of tactical awareness and physical fitness elements of agility, balance and coordination. Curriculum content includes ball skills and team games, gymnastic and dance activities. Children are introduced to early stages of games, gymnastics, dance and athletics.

At KS2 pupils continue to apply and develop a range of skills to enable them to become successful games players, dancers, gymnasts and athletes. Lower key stage 2 develop the skills required for a range of games, while upper key stage 2 takes this further to allow access to varied games. We also enrich children's experiences through opportunities for outdoor and adventurous activities.

Throughout the school, we teach lessons so that children:

- Have fun and experience success in sport
- Have the opportunity to participate in P.E at their own level of development
- Secure and build on a range of skills
- Develop good sporting attitudes
- Understand basic rules
- Experience positive competition
- Learn in a safe environment
- Have a foundation for lifelong physical activity, leaving primary school as physically active.

Daily physical activity

At Ilam CE Primary School, children are provided with opportunities to have "brain breaks" throughout the day through initiatives such as The Daily Mile, yoga and mindfulness. Our active lunchtime initiative, where our older children encourage the use of different sports equipment and leading sporting games, enables children to become physically active.

Impact

P.E is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that if taught well and the children are allowed to succeed, then they will continue to have a physically active life. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically-demanding activities. As a result, Ilam CE Primary leavers will:

- Become skilful and intelligent performers
- Acquire and develop skills, performing with increasing physical awareness
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in different ways
- Set targets for themselves and compete against others
- Understand what it takes to persevere, succeed and acknowledge others' success

- Respond to a variety of challenges
- Take the initiative, lead activity and focus on improving performances
- Develop competence to excel in a broad range of physical activities
- Lead healthy, active lives
- Develop positive attitudes to participation in physical activity
- Engage in competitive sports and activities
- Embed values like fairness and respect