

Ravensden Primary Academy PE Curriculum Intent Statement

Our Vision

The children will leave Ravensden Primary Academy at the end of Upper Key Stage Two having had the opportunity to experience and excel in a broad range of physical activities, and with an understanding of how to lead healthy, active lives.

Our school Values – “Let your light shine”

The Physical Education Curriculum links with our values of respect, courage, determination, friendship and equality and also our Soft skills teamwork, resilience, independence and improving ourselves. We encourage children to have the confidence to attempt new skills, to take risks, and find a physical activity that they enjoy (with the hope that they will continue with that activity). Our pupils learn to take turns, learn when it is necessary to work independently (competitively) and when it is necessary to work together as part of a team. The children will understand the need to respect the rules, and respect for opponents/competitors. We promote social development by encouraging children to work co-operatively not only during Physical Education lessons, but also through activities at break times. We also provide children with opportunities to exercise leadership and responsibility through initiatives such as Personal Challenge Leaders and Lunchtime Play leaders.

Intent

To develop in children fundamental movement skills, which they continue to develop as they progress through school.

- Encourage children to work and play with others in a range of broad range of sports, physical activities group situations.
- Develop the way children perform skills and apply rules and conventions for different activities.
- To increase participation in competitive sport (against self and against others).
- Show children how to improve the quality and control of their performance.
- To develop the skills of evaluation of own and others performance.
- Teach children to recognise and describe how their bodies feel during exercise.
- Develop the children's enjoyment of physical activity through creativity and imagination.
- Develop confident, self-motivated children who want to live a healthy, active lifestyle.
- Assess pupils learning, analyse and interpret the results to inform future planning and lessons.

Physical Education 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 broad and rich curriculum is in place to support this, through the teaching of: dance, athletics, gymnastics, games, swimming and water safety and outdoor adventure activities.

At Ravensden our school vision and values are central to all P.E lessons and we support our children to live out our core Christian values through competitive sports, both in and outside of school, where teams will be built on respect, resilience and fairness.

Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. We inspire our children to become independent through problem solving and in their choices for an active lifestyle in the future.

Rationale

- It encourages children to take part in regular physical activity.
- It develops an interest in competitive sport.
- It enables take part in a range of physical activities.
- It can influence their decisions about healthy and active lifestyles.
- It teaches the skills of self-development and cooperation.

Implementation

In Key Stage One the children have the opportunity to develop fundamental movement skill, become increasingly competent and confident, and across a board range of opportunities to extend their agility, balance and coordination, individually and with others. In Key Stage Two the children continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. During PE lessons, break times and extra curricula clubs all children will have the opportunity to engage in competitive and cooperative physical activities.

All pupils from Year 1 to 6 have at least 2 hours' worth of planned physical exercise each week. Our Reception class have 2x 30 minute sessions of physical education each week in which the 5 fundamental skills are developed. We aim to ensure clear progression throughout school and cross curricular links are made where appropriate.

Pupils from Reception to Year 6 also have the opportunity for physical activity during morning and lunchtime breaks on the school playgrounds, where they can access resources to promote physical activity. Staff and Sports Leaders (trained pupils from Year 3 to Year 6) are on duty to co-ordinate, support and develop leadership skills in a range of active playground games. Our aim is to inspire children to be the best they can be and reach their full potential.

Pupils in Year 3,4,5 attend a 1 hour weekly swimming lesson at a local swimming pool during either the Spring or Summer term. The aim is to ensure each child can swim 25m by end of this year and

progress is tracked throughout the 5 stages. Booster sessions for children who have not yet met the standards are allocated in the summer term of Year 6.

Year 6 have an annual residential trip during the summer term in which they undertake a series of outdoor and adventurous activities that are both physical and challenging and encourage team building.

During the Summer term, a whole school Sports Day is held that covers fundamental movement skills, technical development and participation through a range of sporting activities. Our parents are actively involved within the day and join us at to support the children.

Impact

- Children are more physically active for sustained periods of time.
- Development of competence to excel in a broad range of physical activities.
- A deeper understanding of how to lead an active, healthy life.
- A greater independence in applying the skills in competitive sports and activities.

In all classes, children have a wide range of physical ability and through this, we provide suitable learning opportunities that enables every child to succeed and reach their full potential. Teachers match the challenge of the task to the ability of the child and in doing so, raise pupil's health and fitness levels, improve technical skills and develop pupil's resilience, teamwork and perseverance (school values and soft skills). Children who demonstrate sporting skill are signposted to the best sporting clubs for them. The use of rigorous assessment, monitoring, and questionnaires and pupil voice will ensure that the delivery of high quality lessons and the confidence in the teaching of PE improves and as a result, the enjoyment and positive outcomes increases. This will also ensure that all pupils make good progress, from their starting points.

Teachers continually use assessment of the children's responses and the work they produce to measure impact. The subject leader plays an important part in the success of the curriculum by leading a regular program of monitoring, evaluation and review. This includes learning walks and lesson observations to measure the impact on learning and progress. The subject leader and senior leadership team (in consultation with staff and children) regularly review and renew the P.E. curriculum to ensure all elements are fit for purpose. Governors play an active part in measuring the impact of the curriculum and feedback to the subject leader and senior leadership team in order to challenge and support, helping shape the intent and implementation of the curriculum on offer at Ravensden Primary .

Why is PE so important?

Here are 10 reasons why PE is invaluable and extremely important at Ravensden Primary:

1. Children who keep active and play sports are better able to **concentrate** and **maintain focus**, which has a positive impact on their academic life. This can lead to improved attainment in all other academic subjects.
2. Regular exercise is vital in the **fight against child obesity**. We all know the many health problems that are associated with obesity and how important it is to lead a healthy, active lifestyle. Positive exercise habits that are implemented in childhood will likely continue into adulthood.
3. Children who exercise regularly have a **better quality of sleep**. They are therefore more alert at school and have higher levels of concentration.
4. Physical exercise helps children **relieve stress and anxiety**. Young people today are arguably under more pressure than ever, so it is vital for them to have an outlet for this stress.
5. Playing sports in groups help young people to **improve their teamwork and leadership skills**. It also helps to form stronger bonds between peers and promotes a healthy class dynamic.
6. Physical activity helps to increase the heart rate and helps to build a stronger **heart, bones** and healthier **muscles**.
7. Sports teaches children to have **improved self discipline**. They can implement this self control in all aspects of their life, from better controlling their emotions to being more self motivated with their studies.
8. PE helps children to **develop their confidence**. This can have a positive aspect on all areas of their life, such as their personal relationships and ability to integrate quickly and make friends, to thinking about their future goals.
9. Sport helps children **develop their motor skills** and strengthen their muscles. When fine motor skills are developed, children will be more adept at handwriting or playing a musical instrument.
10. Regular games and sports can have a positive impact on **behaviour in school and outside of school**.

Finally, one extra reason...

It's so much FUN!