

Intent

The National Curriculum for PE aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

At Ellingham C of E Primary School, we aim to provide and deliver high quality PE sessions which are primarily intended for developing the children's fundamental movement skills, but also to develop their social, cognitive and personal skills that are needed to succeed within sports. The purpose of PE is to deliver competitive sports and other physically demanding activities in a manner that inspires, encourages and motivates all pupils to succeed and excel, as well as promoting and stimulating enjoyment in healthy activities and lifestyle. Teaching and learning has a strong focus on the importance of sporting values; balancing competitiveness with resilience, equality, respect, admiration and honesty. Delivery of the PE curriculum also encourages and inspires learners to self-evaluate, reach for personal bests and allows the children to see and value their own success. We encourage children of all abilities to enjoy being active. By promoting a positive attitude to health and fitness from early years and throughout the key stages, we aim to give our children as many opportunities as possible to become physically confident individuals. We are dedicated to growing children's sense of challenge, competency and collaboration in PE to allow them to become rounded, healthy individuals who can embrace physical achievements with pride.

Implementation

Each child receives 2 hours of PE a week with specialist coaches or class teachers. We plan their sessions to cover a broad and full range of skills and activities. Children in key stage 2 attend swimming lessons in a local pool. They learn to swim 25 metres competently and confidently in a range of strokes. Children also have the chance to be active in wide range of clubs.

We teach in a way that children:

- have fun and experience success in sport
- can join in at their own level of development
- build and secure a range of skills
- develop good sporting attitudes
- understand basic rules
- experience positive competition

This is shown across the school day and in a range of contexts across the academic year. All pupils are encouraged to join GoNoodle, Cybercoach and BBC Supermovers during the school week. Children also have access to after school clubs for both traditional and newer sports, including CoJos, which links with our PSHE curriculum. To enhance the curriculum for as many as possible, Year 6 are offered an annual residential trip to Robinwood, this provides opportunities for pupils to challenge themselves, grow in confidence and build their self-esteem. These residential experiences allow some children to be away from home for the first time, developing their physical, intellectual, emotional and social skills in a different environment. Our Forest School setting is also used throughout the academic year from Early Years to Year 6.