

Intent for Physical Education at Greatham Primary School

Physical Education at Greatham intends to lay pathways for all children to have an active life. We aim to deliver high-quality teaching and learning opportunities that inspire all children to feel success in physical education. Our curriculum aims to improve the wellbeing and fitness of all children at our school, not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. We want to teach children how to cooperate and collaborate with others, understanding fairness and equity of play to embed life-long values.

We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. A balance of individual, team, cooperative and competitive activities aims to cater for individual pupil's needs and abilities. In addition to the importance placed on P.E. lessons, we also promote an active life through our wider curriculum which includes the opportunities for pupils to take part in extra-curricular sports and competition, active breaks and active lunchtimes and safe and active travel to school.

It is our intention that physical education at Greatham teaches children how to:

- have fun and enjoy themselves
- develop friendships and meet new people
- become more determined and demonstrate resilience
- understand and demonstrate the importance of respect for others
- learn to develop self-control and manage emotions
- experience being part of a team and understand your contribution to it
- win with pride and lose with grace
- learn the importance of practice and preparation
- learn how to set realistic goals and work towards achieving them
- aspire to improve and challenge themselves.

Implementation for Physical Education at Greatham Primary School

Physical Education at Greatham Primary School is implemented through:

2 lessons each week
Active travel to school
Extra-curricular activities
Active break times
Incentivise active travel

The long term plan sets out the PE units which are taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Our PE focuses on developing the children's skills within the three underpinning areas: locomotion, manipulative use and non-locomotor. Pupils participate in two high quality PE lessons

each week, covering two sporting disciplines every half term. This is an inclusive approach which endeavours to encourage not only physical development but also well-being. PE at our school provides challenging and enjoyable learning for all year groups starting with basic skills in Reception, developing these skills in a specific sport context in KS1 and leading up to participating in a wide range of different sports KS2. Lessons begin with warm up activities that lead into skills practise. Lessons end with application- often through a game. There is always a lot of fun in PE lessons and high levels of activity throughout are in place.

Warm up



Skill practise



Application



The long term plan for PE is as follows:

- Autumn 1- Gymnastics and Netball
- Autumn 2- Hockey and Dance AND Swimming (Yr 4&5)
- Spring 1 - Rugby and Football
- Spring 2- Handball and Basketball
- Summer 1- Golf and Tennis
- Summer 2- Athletics and Cricket and Rounders

Sports are revisited and the progression in skills and knowledge is embedded.

Children are encouraged to participate in the varied range of extra-curricular activities. Every child in key stage 2 will be invited to attend a sporting event in our local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Each year a small group of Year 5 children are invited to become Play Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities. Children in Year 4 and 5 swim once a week for 10 weeks during the Spring Term. Every year we also run a whole week dedicated to sports called Greatham Sports Week. This is where we introduce pupils to different sports, sport diversity and accessibility, explore the benefits of physical activity and promote a healthy lifestyle.

Children leave Greatham able to access sport in their secondary setting- working at age related expectation or above. They are able to compete well, demonstrating good sportsmanship. In the next stage of their education, children are motivated to be part of sports activities and many join school teams.