

‘Shine like stars’ Philippians 2:15

All of our curriculum is designed so all children have the opportunity to grow and develop the gifts that God has given to them and to know their value and worth in His world.

Physical Education Vision Statement

Intent

At **Lowdham CofE Primary School** we believe that Physical Education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil’s physical and emotional development and health. Our P.E. curriculum aims to develop pupils’ self-confidence and practical skills in order to participate, compete and lead a healthy lifestyle. Our intent is to deliver consistently high-quality teaching and learning opportunities that inspire all children to succeed and achieve their personal best. We also want to teach children how to co-operate and collaborate with others, as part of a team, understanding fairness and equity in play, embedding life-long values. We want all children to foster an enjoyment and appreciation for this subject and for them to enjoy being involved in sports not only as participants, but also as leaders, organisers and officiators.

Implementation

Our curriculum has been organised to ensure that children in both key stages and the EYFS have access to all areas specified in the national curriculum and go beyond its statutory requirements. All classes are timetabled with two P.E. sessions per week, each comprising of one hour. Assessment is used to inform teachers’ planning and ensure the progress of each individual child. We provide for individual special needs, modifying activities and equipment where appropriate. We also identify the most able, giving them suitable, extended challenges. In Key Stage 1, children are given opportunities to perform dances using simple movement patterns. They practise a range of ball and multi-skills to develop co-ordination, balance, speed and spatial awareness. Children use apparatus for climbing, jumping and movement skills. We also teach them how to participate in small-sided team games, developing simple tactics for attacking and defending. In key Stage 2, pupils play a range of competitive games such as football, netball, rounders, cricket, hockey, basketball, and tennis. They are taught to use and apply basic principles and skills suitable for attacking and defending. Pupils take part in gymnastic activities, including using the apparatus, and they work towards achieving the BAGA proficiency levels in each year group. Children practise a range of athletic activities focused on agility, balance, speed, strength, co-ordination and accuracy. All-inclusive festivals are organised by the family of schools and we attend numerous inter-school competitions each year organised by Gedling SSP. Our residential weeks, allow children to take part in outdoor and adventurous challenges both individually and as a team. Each class accesses a six-week block of Forest Schools’ activities each year. Children attend swimming lessons in Year 3 (Feb- July). We offer a wide range of extra-curricular activities inclusive for children in both Key stages, which are held during lunchtimes and after school. Some of these are run by specialist outside providers such as Archery and Judo. All children from Reception through to Year 6 are assigned to one of four Sports Houses when they enter our school. Each of the four houses is led by Year 6 Sports Leaders (selected on merit at the end of Year 5). The Sports Leaders regularly organise challenges and competitions at break times.

Impact

Our progressive curriculum enables children to develop fundamental skills and apply them to a variety of sports and activities, including self-rescue in the water and swimming 25 metres competently. Our pupils are physically active and motivated to achieve their personal bests. They understand how to lead a happy, healthy life-style and are aware of the benefits of exercise for both the mind and body. We want children to develop a sense of well-being and a love for sport, to take ownership for their own health and fitness and to feel confident to pursue a range of activities in future life.