

Physical Education 3I's (Intent, Implementation & Impact)

Intent

We aim to develop pupils who will be physically active and can flourish in a range of different physical activities. The aims of our PE curriculum are to develop pupils who:

- Are willing to practise skills in a range of different activities and situations, alone, in small groups and in teams, and to apply these skills in chosen activities to achieve exceptionally high levels of performance;
- Have and maintain high levels of physical fitness;
- Lead a healthy lifestyle which is achieved by eating sensibly, being aware of the dangers of drugs, smoking and alcohol and exercising regularly;
- Are able to remain physically active for sustained periods of time and have an understanding of the importance of this in promoting long-term health and well-being;
- Take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others;
- Employ imagination and creativity in their techniques, tactics and choreography;
- Are able to improve their own and others' performance;
- Can work independently for extended periods of time without the need for guidance or support;
- Have a keen interest in PE - a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extracurricular sport;
- Can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water.

Implementation

Teachers plan the following:

- A cycle of lessons for each subject, which carefully plans for progression and depth;
- Challenge questions for pupils to apply their learning in a philosophical/open manner;
- Opportunities to work with experts in the field and learn from their work ethic and demonstrations of good practice.

Impact:

Our PE Curriculum is high quality, well thought out and is planned to demonstrate progression. If children are keeping up with the curriculum, they are deemed to be making good or better progress. In addition, we measure the impact of our curriculum through the following methods:

- A reflection on standards achieved against the planned outcomes;
- A celebration of learning for each term which demonstrates progression across the school;
- Pupil discussions about their learning;
- The annual tracking of standards across the curriculum.

Physical Health and Fitness RHSE – Statutory Guidance

- Know the characteristics and mental and physical benefits of an active lifestyle.
- Know importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- Know the risks associated with an inactive lifestyle, including obesity. Know how and when to seek support including which adults to speak to in school if they are worried about their health.

SMSC Links

Spiritual

- Reflecting and critiquing their own and others performances.
- Develop motivation and perseverance to develop new skills.
- Use imagination and creativity in their learning.

Moral

- Promote fair play and team work.
- Promote the qualities of good sportsmanship
- Promote trust of peers through team work.
- Understand fair play, code of conduct and selfdiscipline

Social

- Promote sports leaders.
- Peer mentoring.
- Encourage cross-curricular involvement.
- Encourage team spirit.
- Use of lunch time play leaders.

British Values Links

Democracy

- Take into account the views of others in teams/groups.
- Vote for outcomes

The Rule of Law

- Undertake safe practices, following class and games rules during PE lessons for the benefit of all.

Individual Liberty

- Work within boundaries to make safe choices in physical activities.
- Make own choices with regard to participation and challenging activity.

Tolerance

- Experience and talk about sport/dance from different cultures and religious beliefs linked to whole school themes.
- Use dance to learn about different faiths and cultures around the world.

Mutual Respect

- To behave appropriately to allow all participants the opportunity to take part effectively.
- Review each other's work respectfully. • Work together in groups/teams, helping and advising others.
- Experience different festivals, traditions and celebrations through dance and sport.

Our Long Term Plan and curriculum coverage can be found on our website: <https://www.southstokeschool.org/learning>.

Class planning:

Caterpillars: <https://www.southstokeschool.org/class-1-curriculum>

Butterflies: <https://www.southstokeschool.org/class-2-curriculum>