

## The P.E Curriculum

### INTENT

At Mark First and Pre-School CE Academy, we aim to provide all the children at our school with a wide range of opportunities to develop their sporting skills, take part in competitive sports and understand how to live a healthy and active lifestyle. Through these activities, we intend to develop confidence, perseverance, team work, cooperation, enjoyment and an appreciation of the achievements of others.

Throughout their time in our school, children will engage in PE learning lead by class teachers or trained sports coaches, who aim to deliver the National Curriculum in a fun and engaging way.

We aim to encourage our children to be active as often as possible in many different ways. As well as timetabled PE lessons, physical activity is encouraged during breaktimes through use of apparatus and equipment, by taking part in movement breaks during learning time and the use of the field and outdoor classroom as much as possible. In addition to this, weekly Wake and Shake sessions are led by teaching staff and provide an opportunity for everyone to be active. Our PTFA hold an annual 'love run' event and we take part in Sports Relief as a school.



### IMPLEMENTATION

#### Reception

As soon as they start their life in school, the children begin their P.E lessons. Throughout their first year, the children are supported to develop their spatial awareness, basic throwing and catching skills, making shapes in gymnastics, moving to music and learning to play a range of active games.

#### Key Stage One and Two

Through taking part in a range of different sports such as tag rugby, tennis, football, netball, cricket and hockey, the children begin to master skills such as running, throwing and catching as well as balance, agility and co-ordination. They are actively encouraged, and taught the skills, to take part in team games developing tactics for attacking and defending. Children are also given the opportunity to perform their creations in dance and gymnastics to an audience of their peers and are taught to recognize how they can evaluate and improve their own success and that of their peers.

Two additional areas of the curriculum provided for children in key stage two are swimming lessons and outdoor and adventurous activities.

Children in year 4 visit the local swimming pool on a weekly basis for a whole year to be taught how to build upon their current swimming skills. They are taught to swim increasing distances confidently using a variety of swimming strokes and begin to learn how to perform safe self-rescue.

Our annual residential trip allows children the chance to take part in a variety of adventurous activities including archery and a low ropes course. This trip is such a valuable experience where the children grow in confidence, develop their ability to work as a team and simply have an amazing active time!

Throughout the year, a wide range of P.E and sporting activities, festivals and competitive tournaments are held at Hugh Sexey Middle School. These offer children a chance to experience a wider range of sports as well as developing their confidence when taking part in active opportunities with children from other schools within the Wessex Learning Trust. The competitive tournaments support the older children as they become more experienced sportspeople as children are chosen to take part in events such as tag-rugby, netball, cross country, athletics and a swimming gala. As well as developing their experience of P.E and competitive sports, these events are also a wonderful opportunity to prepare the children for their transition to their Middle School.



During Health Week each summer, the children thoroughly enjoy getting involved in taking part in an even broader range of activities. From yoga, to street dance and from mountain biking to boogie beats! We aim to introduce the children to sports or active challenges that they wouldn't usually come across in everyday school life! We also take this focus week as an opportunity to teach children about leading a healthy lifestyle including exploring their lunch, learning about a balanced diet, the importance of sleep and rest as well as having a healthy mind.



Sports Day is an extremely popular event in the school's calendar. Children from all classes, including Pre-School, take part in a range of competitive challenges with the aim of having fun, improving their achievements on the previous year and keeping an eye on the Sports Day shield awarded to the overall winning team! Children are arranged into four colour groups across the school and work towards being awarded with the most points as a collaborative team.



Alongside this, we offer as many opportunities as we can for specialist coaches in their sport to come and teach their sport to the children. Over the last year, we have had opportunities for tennis, fencing and dance in addition to PE lessons.

We encourage and celebrate children's achievements in sport outside school by celebrating their success during celebration assembly. We currently have some incredibly talented triathletes, dancers, gymnasts and cheerleaders at Mark.

### **IMPACT**

P.E is assessed against the EYFS statements and National Curriculum objectives for each year group. Class teachers assess the children's ability within the subject and liaise with sports coaches in the classes they support to make an end of year judgment on individual achievement. Swimming teachers at our local pool are asked to complete assessment grids at the end of each term for the children in year 4.



**“Sport teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose-it teaches you about life.”**

Billie Jean King-former American Tennis Player