



Mark First
C of E Academy

Physical Education

Intent, Implementation and Impact statement

Intent

At Mark First Academy, our intent for Physical Education (PE) is to cultivate a lifelong love for physical activity while fostering both physical and personal development in our pupils. In alignment with our vision that all can achieve, we aim to:

- **Courage:** Sporting festivals, regular opportunities for inter-House matches and the annual Sports Day encourages pupil to develop resilience and a determination to do your best for your team. Use sport to instil resilience, teamwork, leadership, and sportsmanship, nurturing confident and capable individuals who understand that achievement comes in many forms.
- **Respectful:** Adapt our curriculum to meet the diverse needs of all pupils, ensuring that every child, regardless of ability or background, has access to high-quality PE and sports initiatives, highlighting our commitment to inclusivity and achievement for all. Furthermore, providing leadership opportunities for our older pupils with our House Captains, who inspire and promote a love and value of sport across the school.
- **Enthusiasm:** through preparation for future careers, we introduce pupils to a variety of specific sports to allow children to explore various activities through PE lessons, after-school sports clubs and external sports festivals.
- **Aspirational:** Ensure that all children develop essential skills, knowledge, and understanding to engage confidently in a variety of physical activities, recognising that every child can excel in their own way.
- **Trust:** Through sporting experiences, we support well-being and mutual understanding. We believe that sport should not only be about physical development—it should also be about promoting kindness and sportsmanship.
- **Empathy:** Through close links with our Jigsaw PSHE units and during PE lessons we promote physical Literacy and encourage healthy lifestyles. By inspiring pupils to appreciate the value of fitness and its contribution to overall well-being, this leads to mindful choices about nutrition and health, reinforcing our belief that everyone can achieve their personal best.

Implementation

To achieve our intent, we implement a rich and varied PE curriculum that adheres to the National Curriculum and reflects the values of our school community. Our inquiry-based approach includes:

- **Curriculum Design:** Our PE curriculum is aligned with the National Curriculum and uses resources from the Get Set PE progression for learning. We employ a spiral curriculum approach, allowing pupils to revisit and build upon key concepts each year.
- **Integration across the Curriculum:** PE is purposefully integrated into other subjects, promoting interdisciplinary learning where the skills taught enhances inquiry-based learning. For example, pupils across the school learn about the importance of a healthy lifestyle in PSHE and how our body works in Science, making constant and deliberate links across the subject areas.
- **Progressive Skill Development:** Each year group is provided with structured lessons that build progressively on skills from previous learning, live teacher modelling to demonstrate effective strategies, ensuring that pupils are challenged appropriately and can see progression. Oracy is developed through collaborative talk, problem-solving, and demonstrations. In EYFS and KS1 children are taught the basic skills required to then develop into specific sports as they move into KS2.
- **Hands-On Learning:** Offering a rich programme of after-school clubs for all year groups and competitive opportunities, including partnerships with local schools, to further engage pupils in varied contexts and promote community involvement, ensuring accessibility for all.
- **CPD for Staff:** We ensure staff receive comprehensive training and ongoing professional development to enhance their subject knowledge and confidence in teaching PE. This training includes collaboration with external experts, observing qualified coaching staff during weekly PE sessions and regular in-house sessions.

Impact

The impact of our PE provision can be evidenced and assessed through the following outcomes:

- **Increased Participation:** High levels of pupil engagement in both PE lessons and extracurricular activities, demonstrating a visible culture of participation where each child is active and feels they can achieve.
- **Skills Development:** Pupils consistently demonstrate improvement in physical skills and confidence levels, evidenced through assessments, performances, and inter-school competitions, underlining our commitment to personal achievement.
- **Holistic Well-being:** An increase in pupils' understanding of the importance of a healthy lifestyle, leading to improved mental health, social skills, and academic performance—evidenced through pupil voice, surveys, and behavioural records, highlighting that all can achieve well-being.
- **Personal Growth:** Pupils exhibit greater resilience, teamwork, and leadership qualities, which can be seen in their approach to challenges both within PE and across other subjects, promoting the idea that achievement is a journey for everyone.
- **Positive Attitudes towards PE and Sport:** An overall greater appreciation for physical activity among pupils, resulting in many choosing to engage in sports beyond the school environment, thereby embracing the vision that all can achieve.

Through these comprehensive efforts, Mark First Academy is committed to providing an outstanding PE experience that not only meets but exceeds the expectations set by Ofsted's inspection framework, making a significant contribution to the overall educational experience of our pupils.