

Intent – Implementation – Impact

Physical fitness is an important part of leading a healthier lifestyle. Our aim is to develop excellent knowledge, skills and participation at all ages and stages, from Nursery to Y6. Throughout their time here children develop their capabilities in mental, emotional, social and physical wellbeing. Physical Education teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved. For many years the school has experienced success in competitive sports. We continue to partake in a wide range of activities and events across the borough, giving our children the opportunity to compete against other local schools. We encourage children to develop healthy minds and bodies, confidence in physical participation and a love of sport.

Purpose of Study

The national curriculum for physical education aims to ensure that pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy and active lives.

Intent

Deliver a high quality PE curriculum that inspires pupils to succeed and excel in sport, competitive games and other physically demanding activities.

Enable children to become physically competent, confident and enthusiastic towards health and fitness

Provide all children with opportunities to compete in sport and learn the values of competitive sport, such as fairness and respect.

Implementation

Pupils participate in weekly PE and sporting activities.

Lessons include tag rugby, basketball, dodgeball, handball, netball, hockey and cricket, softball, baseball, gymnastics.

PE lessons incorporate a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses.

Using a variety of warm-ups and cool-downs, children develop their knowledge of why these are important and how their bodies start to change.

Opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive sporting events.

Expert coaches:

Demonstrate skills and explain key vocabulary and the meanings to children.

Explore using different equipment to perform the skill.

Provide opportunities for the children to work interactively.

Promote understanding amongst all staff of the value and impact of PE and its benefits towards other areas of learning.

Make cross-curricular links between PE and other subjects.

Impact

Our impact is to motivate children to utilise the skills they learn in an independent and effective way in order to live happy and healthy lives.

Our inclusive approach encourages not only physical development but also well-being.

Its impact will be to:

Improve wellbeing and fitness of all children at OLOV not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes, linked to our faith and beliefs.

Promote self-discipline and tolerance.

Develop children's readiness to take ownership and responsibility of their own health and fitness.

Promote physical confidence in children

Ensure that children know and understand how their body works.