



All things are possible for those who believe. (Mark 9:23)

Learning together we grow in faith.

## Curriculum Statement – Physical Education

### Intent

At Little Heaton CE Primary School, the intent of teaching Physical Education is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. Physical activity has a huge positive impact on mental and physical well-being and as such as we provide as many opportunities to participate. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance it will allow children to explore their personal and spiritual identity. Weaving through all of our PE provision is a commitment to enhancing and promoting our core Christian values of perseverance, courage and creativity.

### Implementation

At Little Heaton, we teach the National Curriculum, supported by a clear skills and knowledge progression, based on the Cambridgeshire Scheme of work. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, coordination and fitness. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are encouraged to participate in exercise throughout the day during PE lessons, clubs, outdoor learning, lunch provision and special events.

At Little Heaton, the PE curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Through our provision children can aim to flourish at sports in which they have a particular interest or flair for. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. During KS2 children will have a series of structured swimming sessions.

## **Impact**

**By the time a child leaves Little Heaton CE Primary they will have:**

- The ability to acquire new knowledge and skills and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve high levels of performance.
- Good levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to 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.
- Good levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.