

## **P.E. Curriculum Statement**

### **2020 - 2021**

#### **Intent**

At Alverton School we recognise and value the importance of Physical Education. We fully adhere to the aims of the national curriculum for physical education to ensure that all children:

- 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, active lives

Our vision is to ensure that all children enjoy Physical Education and Sport. Through Physical Education, we aim to develop the children's understanding of the importance of health and well-being, to promote active participation in both P.E. lessons as well as developing a lifelong love of being physically active.

Following our return to School since COVID-19, we will need to respond to levels on inactivity experienced by the children whilst away from school and community clubs. Assessments will be made in September before planning lessons. Activity will continue to be promoted but with a heavier focus upon how it impacts upon wellbeing such as reducing anxiety and promoting good mental health.

#### **Implementation**

At Alverton Primary School, we believe that PE and school sport play an important role in making our vision statement a reality for every pupil, with the potential to change young people's lives for the better. As part of the 2012 Olympic legacy and with the P.E. Premium funding, we aim to offer every pupil active time during the school day whether through P.E. lessons, extra-curricular activities or during breaks and lunchtimes.

PE can increase self-esteem and confidence and we want to harness this within other lessons, directly teaching and recognising the importance and benefits of being physically active. We are committed to using our Sports Premium funding to develop high-quality PE lessons, alongside offering greater opportunities for sporting competitions and clubs for all our young people. We have an effective programme of CPD which aims to offer staff new skills and increased confidence when delivering school sport. As well as this, we will continue to build links with community clubs to provide an essential exit route for the most able pupils.

Through robust assessment, we have identified groups of pupils, such as our Key Stage 2 girls, who require extra support in developing key skills and motivation. Our curriculum therefore reflects this need. In Key Stage 1 we work to develop basic, fundamental movement skills which will allow pupils to participate in a wide range of sports and activities once they reach Key Stage 2. We offer both traditional sports such as hockey, netball and football as well as alternative sports such as boccia, urban polo and fencing. Through the development of skills and understanding of rules and teamwork, we aim to see an increased participation in competitive sport.

Competitive sport will be non-existent due to COVID restrictions and so we will implement our own half-termly, intra-school competitions for all pupils to compete in. These will cover a range of traditional and alternative sports.

Swimming and water sports are developed from Years 2-6 with a heavy focus being placed upon water safety and life-saving skills. We have high expectations for all pupils and offer an intensive intervention programme for those who do not meet the required level. Our highly skilled sports coach works closely with the P.E. Lead to ensure that all programmes, interventions and delivery of P.E. lessons are challenging, improve key skills and promote the benefits of leading a healthy, active lifestyle.

Having identified the most inactive pupils upon return to school, we will provide extra fitness sessions in order to combat weight gain and negative attitudes towards exercise. As well as that, leaders will be trained to lead activities during lunchtime sessions with each KS2 bubble. Indoor P.E. will be difficult to manage and so pupils will be expected to have suitable warm clothing to ensure that they can take part in sessions outside during all weather conditions. Staff will be provided with indoor classroom activity ideas such as yoga to help support wellbeing.

In the EYFS, children are taught to follow simple instructions, take part in simple team games, ball skills, early gymnastic skills and dance. They have one taught session per week in the school hall but a myriad of opportunities to practice their skills in the EYFS learning environment where they have access to balance bikes, climbing equipment and a range of resources to enhance the provision.

### **Impact**

P.E. is recognised, taught and celebrated here at Alverton as the basis for developing a lifelong love of being physically active. Through offering a wide variety of after school clubs, entering all local leagues and competitions as well as providing sports days and intra-school competitions, every child has the opportunity to compete and take part in a variety of sporting opportunities.

We are very successful in a range of sporting events and have won several local and County competitions in a variety of sports. We equally celebrate participation events which have an enormously positive impact on the self-esteem, pride and motivation of the children taking part.

Our high-quality P.E. curriculum and opportunities offered have led to us achieving the School Games Gold Award for three successive years. As well as this, our Girls Active programme has been locally and nationally recognised, meaning that the opportunities that we have provided, and will continue to provide, for our girls, will have a wider impact upon the local community. Our sports leaders lead events at school and broaden the opportunities available to all pupils, especially those who are less active, as well as developing their own leadership skills.

A significant number of our pupils attend local sporting clubs which we celebrate and recognise. These links with local sports clubs and coaches are challenging our most able pupils as well as helping families to integrate physical activity into their weekly routines. We also organise events which encourage families to take part together such as the Race for Life, Parkrun and family cycles.

Identifying, targeting and supporting pupils who have returned to school with lowered activity levels or significant weight gain will ensure that they are able to focus more on their learning in the classroom. Providing teachers with indoor activity session ideas will mean that they are more aware of how to promote physical activity and so will be able to support and manage levels of stress and anxiety, thus promoting improved wellbeing.