



# Subject: PE

## Rationale

At Pleasant Street Primary School we believe that Physical Education and Sport have a vital role to play in the physical, social, emotional and intellectual development of children. Physical Education and Sport are important in giving children the knowledge, understanding and the tools to make informed choices about healthy living and have a positive impact on their own health and well-being. The Physical Education curriculum at Pleasant Street aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. Children will have the opportunity to take part in a wide range of sports and physical activities which are all carried out in a safe and supportive environment, where effort and hard-work, as well as success, is celebrated and enjoyment and working together is promoted. We ensure that all pupils are equipped with relevant life skills such as taking part in competitive sports and that they are able to swim a minimum of 25 metres by the end of year 6; We want our children to love physical education and sport. We promote high expectations, and want them to have no limits to their ambitions. Our 'Be Inspired' campaign is a drive to celebrate a diverse range of sporting icons, encouraging children to recognise and value the importance of physical and mental wellbeing.

## Characteristics

At Pleasant Street School we believe that sport makes an important contribution to both the physical, and mental health and well-being of our children. Sporting excellence and participation, go hand in hand with high academic standards.

We expect the children to be able to demonstrate:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of P.E.
- 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 exceptionally high levels of performance
- A healthy lifestyle, including adopting a healthy diet, positive lifestyle choices 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
- Exceptional 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 P.E.; a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport
- 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.

Our progression map, and the experienced, specialist delivery of our sessions, ensures that our curriculum is challenging and inclusive, whilst also celebrating those who are gifted and talented.

## Curriculum Intent

Our curriculum aims to improve the physical, and mental well-being and fitness, of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We have high expectations of our pupils and seek to provide them with an extensive range of sporting opportunities throughout their time in our school. By educating children how, not only to keep active, but also how to eat a well-balanced diet is key to setting a strong foundation for a healthy future lifestyle. We aim to do this by ensuring that all 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, active lives.

The PE Curriculum promotes consistent, progressively challenging, physical education that inspires a love for learning and participation. It is ambitious and empowers our children to become independent and resilient.

Like all curriculum areas, we want to equip our children with, not only the minimum statutory requirements of the P.E. National Curriculum, but to prepare them for the opportunities, responsibilities and experiences of later life. Through our relationship with Liverpool School's Sports Partnership, we enter our children into a variety of inter-school competitions and festivals. We want our children to be aspirational, competitive and determined to succeed. Our children can develop resilience and respect for other competitors and team mates through sporting competition.

## Curriculum Implementation

Our P.E. curriculum has been designed in collaboration with our vastly experienced specialist coach, and the learning opportunities and assessment milestones for each year group crafted to ensure progression and repetition in terms of embedding key vocabulary, learning, knowledge and skills. We focus our teaching on six main strands of physical education; dance, invasion games, gymnastics, striking and fielding games, athletics and net and wall games. These are revisited year on year where pupils progressively build their skills and knowledge. At Pleasant Street, we endeavour to improve our children's fitness levels and regularly discuss the impact this has on physical and mental health with the children.

Alongside our timetabled PE lessons, our children have daily Wake Up Shake Up sessions before school. We also take part in Inter Schools' Football competitions, for both boys and girls. Annually, compete in the city Cross Country and Athletics championships We ensure that all pupils are equipped with relevant life skills such as taking part in competitive sports and that they are able to swim a minimum of 25 metres by the end of year 6; thus ensuring that all children are secondary ready. We want our children to love physical education and sport. We want them to have no limits to what their ambitions.

Our 'Be Inspired' campaign is a drive to celebrate a diverse range of sporting icons, encouraging children to recognise and value the importance of physical and mental wellbeing. To further demonstrate our commitment to providing broader experiences of a range of sports and activities, we have made links with Liverpool John Moores University (Sports) and we are now collaborate to offer our children additional sporting opportunities

Inspired by our city's amazing sporting heritage, we have supporter links with Everton FC and the Beth Tweddle Gymnastics club. Both links enable us to give our children access to top level sports and training experiences and opportunities relating to key health and social issues such as; physical activity, exercise, mental health and well-being that impacts daily on children's lives.

## Curriculum Impact

At Pleasant Street, we inspire a generation of children who develop a lifelong love of sport and physical activity. We help to motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We encourage our children to enjoy and value the curriculum we deliver and equip them with the necessary skills and a love for sport. We want children to discuss, reflect and appreciate the impact physical education has on their learning, development and well-being. We want our children to grow up to live happy and healthy lives, utilising the skills and knowledge acquired at Pleasant Street.

We look for evidence through reviewing pupils' knowledge and skill development. Digitally, through the use of iPad recordings, and tools such as Seesaw, we capture elements of children's learning and development across year groups. We also utilise lesson observations/learning walks and pupil voice surveys/interviews to inform our practice to provide the best possible experience.