

Physical Education Curriculum Overview

*“A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.” - **The National Curriculum***

Intent

At Intake, we understand that physical activity and sport are vital to a child's daily life and future well-being. Our aim is for every child to enjoy physical activity and find the right sport for themselves, experiencing the benefits of an active lifestyle. We provide opportunities for self-competition, teamwork, and building resilience, engaging their enthusiasm and equipping them with skills for a healthy future.

We strive to offer a balanced curriculum, facilitating participation in festivals and a variety of competitions, thereby teaching children the importance of fair play.

Objectives of Physical Education (PE)

Our PESSPA programme ensures all children:

- Embrace an active lifestyle and its benefits
- Acquire a range of sporting skills, including swimming
- Remain physically active for sustained periods
- Engage in diverse competitive sports and activities
- Lead healthy, active lives
- Recognise the significance of exercise
- Develop a sense of fair play and sporting attitude
- Enjoy activities, fostering resilience and perseverance

Inclusion

Intake Primary Academy is dedicated to providing access to a broad and balanced PE curriculum for all pupils. Careful planning and differentiation ensure that children, including those with special educational needs, disabilities, English as an additional language, and those who are gifted, are included.

Implementation

PE is taught twice weekly in Key Stages 1 and 2, fostering a positive attitude and reinforcing the belief that all children can succeed. Though the subject is often taught by non-specialists, staff development is encouraged to enhance their skills.

Children learn to:

- Enjoy PE and being active
- Master a range of skills and tactics
- Gain self-confidence through success
- Develop good sporting attitudes
- Adhere to basic rules
- Experience positive competition
- Learn in a safe environment
- Build a foundation for lifelong physical activity

Our Long-Term Curriculum Plan ensures comprehensive coverage of the National Curriculum, enabling children to participate in a variety of sports and progress and master skills throughout their time at Intake.

Early Years Foundation Stage (EYFS)

Physical development is critical in the EYFS, with a focus on Moving, Handling, and Health and Self-care. Daily energetic play and structured PE lessons in Reception help children master fundamental movement skills.

Key Stage 1 (KS1)

Children develop fundamental movement skills through diverse activities, covering gymnastics, dance, games, and athletics. By the end of KS1, they should master basic movements and participate in team games.

Key Stage 2 (KS2)

In KS2, children continue to expand their skills, linking movements to create sequences. They play competitive games and learn to swim, with expectations for improved performance in various sports by the end of this stage.

Differentiation

Differentiation is based on the S.T.E.P. principles, accounting for variations in space, task, equipment, and team composition. Opportunities for leadership roles are also provided.

Organisation, Planning, and Resources

PE equipment is securely stored. Staff should report any broken or lost items.

Health and Safety

Safety is paramount, and pupils are reminded of safe practices during PE. Teachers and pupils collaboratively identify hazards and establish measures to mitigate risks.

PE Kit

Children are expected to wear appropriate PE attire, varying for indoor, outdoor, and swimming activities. Personal items, like jewellery, should be removed before participation.

Missing PE

Students are encouraged to participate in PE. If unable, a parent must notify the school, and the child should observe and support during lessons.

Accidents

First aid is administered as necessary, and incidents are recorded following standard procedures.

Extra-Curricular Activities

We offer diverse extracurricular activities led by either school staff or visiting coaches, promoting healthy lifestyle choices.

Competition

Various external competitions are held throughout the year, fostering a competitive spirit and introducing students to a wide array of sports. Internal Intra-School competitions are held half termly based on the school's house system. These competitions are based on the half term's PE sessions and allow for all pupils to access competitive sport.

Impact

A successful PE curriculum leads to lifelong engagement and understanding of a healthy lifestyle. Competitive and challenging activities build resilience and character.

Assessment

Assessment in PE is ongoing, concluding with evaluations at the end of each unit. Teachers will categorise pupils based on age-related expectations.

Role of the Subject Leader

The Subject Leader ensures the PE curriculum aligns with National Curriculum aims and oversees teaching standards. Responsibilities include monitoring progress, enhancing staff development, and liaising with the SENCO for inclusive practices.

Staff Development

Professional development opportunities will be provided to enhance the quality of PE, driven by identified staff needs.