

PE at Laygate Community School

Intent

PE at Laygate Community School aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. We aim to improve physical fitness as it is an important part of leading a healthier lifestyle. It 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.

Our PE curriculum supports children to:

- 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.
- Develop children's coordination, agility and balance.
- Lead healthy, active lives.
- Develop multi-ability skills
- Enabling the children to use and develop cognitive, personal, social, creative and physical skills through physical activity.

Implementation

We follow the principles of REAL PE to deliver PE lessons. All PE lessons are tailored to the needs of the children in the class. Teachers model activities as well as providing different levels of difficulty to support the lower ability children as well as extend the more-able pupils. The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to co-operate across a range of activities and experiences. As well as developing children's fitness and social skills, we endeavour to develop children's wellbeing through the use of PE. We take part in the daily mile every morning which is suitable for all of our pupils and we believe it is developing their fitness as well as their emotional wellbeing. Through Real Gym teachers are able to deliver gymnastics which follows the Real PE core teaching strategies. Children work through a series of lessons which develops the core skills in gymnastics.

Children in KS2 take part in block sessions of swimming. Due to the impact of COVID more sessions have been timetabled for children.

We aim to teach children about the importance of healthy living and exercise and deliver a Healthy Living Week to highlight and raise awareness of this. Children take part in this as well as a sports day event. Special events are used to engage children in new sports. Athletes and coaches come to school to inspire children and offer taster sessions of sports.

Impact

Our curriculum aims to improve the wellbeing and fitness of all children at Laygate Community School, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Children are motivated and engaged within PE and show an understanding of the importance of healthy living. Children are able to develop their core stability, balance, agility and coordination. They develop their personal, social, cognitive, creative and physical skills.

Please refer to the PE policy for more details.