



## **Physical Education**

The National Curriculum states that a school's physical education curriculum should inspire all pupils to succeed and excel in competitive sport and other physically demanding activities. It should support pupil's health and fitness and help them become physically confident. Taking part in competitive sport and other activities will build their character and embed values such as fairness and respect, not just for their peers but for the wider community.

### **Aims**

The national curriculum for physical education aims 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

### **Intent**

It is our intent, at Moss Lane, that children will be provided with high quality PE and sport provision throughout Early Years and Key Stage 1. By the end of Key Stage 1, children at Moss Lane should have experienced a wide variety of sports and physical skills which will enhance life-long fitness and life choices. We encourage the children to become respectful, confident, courageous and resilient young people that strive to become the best they can be. We will encourage the children to develop a broad range of skills, knowledge and capabilities to help them in their future with their physical, mental, emotional and social wellbeing. We will do this through promoting self-esteem and teaching children how to cope with both success and failure in competitive, individual and team based activities.

### **Implement**

At Moss Lane:

- To ensure high standards of teaching and learning in P.E, we follow the Real P.E scheme of work, ensuring it covers all the fundamental skills and knowledge required by the National Curriculum. Skills and knowledge are developed year upon year and arranged to maximise learning for all children.
- PE is also taught by an external provider who follow their own progressive scheme of work.
- PE is taught by a combination of class teachers and qualified coaches, which means that Moss Lane is able to deliver a broad curriculum and the children are able to experience a wider range of sports, such as Badminton.
- Children at Moss Lane are encouraged to exercise throughout the day, during PE lessons, clubs, wake and shake and during play and lunchtimes.
- Lunchtime supervisors have had training in developing purposeful physical activity during play times.
- There are a wide range of after school clubs available to all children, this includes multi-skill, football and dance etc. These clubs are all delivered by qualified coaches.



### **Impact**

- The children at Moss Lane have a positive attitude to PE, shown in the children's improvement of their fitness and wellbeing.
- Children enjoy the opportunity to participate and experience individual games, team games and dance, and develop a range of tactics and strategies to use in competitions.
- Children have the ability to remain active for sustained amounts of time due to our improved curriculum.
- Our children learn positive values and disciplines which will help them become successful in creating a lifestyle which leads them to live happy and healthy lives.
- All children have the opportunity to experience swim lessons in year 2 and to gain a knowledge of how to remain safe in and around water.