Why is PE important?

Physical education gives children the opportunity to be active every single day. It gives children early exposure to team sports, and promotes good physical fitness. Children who participate in physical education get a workout, and they also learn the importance of exercise as a life long habit. In PE, we learn the importance of a healthy lifestyle.

When is PE taught?

Each child has an hour long PE session a week, taught discretely from other subjects. Children also have the opportunity to access after school clubs four nights a week and each class take part in a lunchtime club once a week. PE can also be taught during thematic units using the Dimensions curriculum, where applicable.

How is PE taught?

We follow the Get Set 4 PE Scheme, which covers three areas in PE (sport, fitness and health) Each class takes part in one and a half hours of PE each week, focusing mainly on the Sport and Fitness aspects of the scheme. The health aspect of the scheme is delivered through the hourly PE sessions alongside the sport and fitness aspects. Lessons are taught both in the school hall and on the playground. We use Dimensions Curriculum to enhance our Thematic units through the teaching and delivery of PE, where necessary.

What do we learn in PE?

We learn about:-

Physical and mental health
Healthy lifestyles
Skills
Rules of Games
Co-operation
Team sports
Individual fitness
Team Building

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How do we assess and monitor PE?

Teachers assess pupils' skills and knowledge in PE, using both formative and summative assessment. At the end of each unit, children are assessed in PE as working towards year group expectations (W), meeting year group expectations (E), or exceeding year group expectations (X). Teachers use subject specific criteria from the National Curriculum Programmes of Study to assess pupils' knowledge, skills and understanding within PE.
Subject leaders monitor their subject throughout the year using a range of evidence including pupil and teacher voice, learning walk and learning environments. Subject leaders also complete a 'Deep Dive' into their subject each year, to monitor pupil progress and teaching and learning within PE.

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