

**P.E.** At Carr Mill Primary School we believe P.E. is an essential life skill and lies at the heart of our curriculum.



## Intent- We aim to...



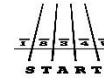
To equip every child with the key physical and social skills that can be facilitated through to PE and sport.



To enable every child to progress with confidence and competence in PE and sport -throughout their school journey.



To embed key sporting values that can be applied positively in everyday life.



To inspire children to live a healthy and active lifestyle into adulthood, using PE and sports to facilitate this.



To develop the physical and mental well-being of every child and ensure it is central to their physical education journey.

**Carr Mill Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health.**

## Implementation- How will we achieve our aims?

Carr Mill staff plan and deliver high quality P.E. lessons, ensuring it is sequential and leads to the progression of skills. Staff are supported in their PE teaching by the P.E. lead and expertise sporting company Ed Start ensuring all learning is linked to the National Curriculum objectives, regular staff CPD and individualised support by the PE Lead and Ed Start. Through our P.E. teaching and learning Carr Mill pride themselves in fostering the School Games Values: Determination, Honesty, Passion, Self-belief, Respect and Teamwork.

### Curriculum Design

The curriculum is designed carefully so that pupils develop the necessary skills & competences to allow them to progress in all sports & activities. In KS1, pupils should develop fundamental movement skills, become increasingly confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. As they progress into KS2, pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### P.E. Sessions

Each class are allocated two hours a week for PE lessons. The two hours are accessed all year round no matter what weather conditions as we have access to our own sports hall and school field. One of our main aims is to promote levels of physical activity using the school's Sports Premium

### Developing motor competences

Motor skill competence is mastery of physical skills and movement patterns that enable enjoyable participation in physical activities. The curriculum is designed to support the development of these competences from EYFS up to Year 6. Pupils in EYFS start this early on with P.E. sessions as well as planned opportunities to develop gross motor skills.

### Vocabulary

Vocabulary progression is deliberately and carefully planned throughout school, starting at EYFS. Correct terminology is introduced, rehearsed and repeated so that it becomes part of long-term memory and pupils are able to use it independently & confidently to describe what they are doing. Teachers understand where pupils have met the vocabulary previously so they are able to support their retrieval.

### Inclusion

All pupils participate in PE. Adaptations are made to support children and lessons are differentiated to meet the needs of all pupils.

### Fundamental movement skills (EYFS)

It is vital that the youngest pupils in our school develop their Fundamental movement skills. Children who achieve a good level of development in EYFS will be able to negotiate space and obstacles safely, with consideration for themselves and others; demonstrate strength, balance and coordination when playing; move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Any pupils who find this difficult are carefully monitored and supported so they then catch up with their peers.

### Competition

One of our main aims is to ensure all children engage in competitive sports and activities throughout their time at Carr Mill. This can be during school P.E. lessons, but also in organised events such as inter-school and intra-school events.

### Feedback and Assessment

During lessons, feedback is instant and assessment is ongoing throughout. Feedback is used to highlight success and to navigate the children into achieving the learning objectives. Assessment is carried out and used to aid planning to ensure that all children progress.

### CPD

CPD is available for all staff., Carr Mill subscribe to Ed Start planning to support with the delivery of skills and knowledge and a specialist coach who is very experienced in delivering high quality PE.

## Impact-How will we know we have met our aims?



Pupils have developed skills such as resilience, self-discipline and the ability to be a good team player.



Pupils understand the importance of regular physical activity & how to be fit & healthy throughout their life.



Pupils have a love of PE & Sport, demonstrated within lessons, clubs and pupil voice.



Pupils have had the opportunity to compete against others in a competition.



Pupils can use the correct terminology with confidence to describe what they & their peers are doing.