



Physical Education

Statement of Intent, Implementation and Impact

At Braishfield Primary School, our **Purpose** is to **help every child grow** to be the best version of themselves that they can be. By educating each child emotionally, physically, spiritually and academically, we will prepare them for their future. In doing this, we will equip our children with the life skills to become confident, caring citizens who can play a positive and active role in modern society.

Our **Vision** for the school is a positive, nurturing and happy school community, based on **kindness, honesty and respect** for ourselves, each other and for our environment. We will all strive to be successful lifelong learners by developing **inquisitiveness, independence, collaboration and resilience**. We will all strive for excellence in everything that we do. We will all be brave, resilient learners, prepared to take learning risks and learn from our mistakes.

Intent

Braishfield Primary School recognises and values the importance of Physical Education (P.E). PE at Braishfield Primary School aims to develop a fun, active, high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sports and other physically-demanding activities. We do this through fully adhering to the aims of the National Curriculum for physical education 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.

It is our intention to build a curriculum that enables children to develop knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing values and transferrable life skills such as determination, honesty, passion, self-belief, teamwork and respect.

Through enrichment activities and inter & intra-school competitions, we aim to raise the profile of PE and expose our children to sports they may never have had the opportunity to engage with. We follow 'Get Set 4 PE' scheme of work. Our PE syllabus provides a progression of skills that has been planned in order to build on the skills needed to meet the end of Key Stage objectives in the National Curriculum. Additionally, imperative elements of the curriculum at Braishfield include a need for healthy lifestyles, a balanced diet, positive growth mind-set, the resilience to persevere and to be successful independent learners. We are passionate about the need to teach children how to co-operate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.



Implementation

The PE curriculum is focused on the 5 physical skill areas: Creative, Invasion, Athletic, Net/Wall & Strike & Field. Each class has access to two hours of high quality physical activity every week through quality teaching of PE. In addition, children participate in the Golden Mile in the summer months. PE lessons are either taught by the class teacher or a qualified sports coach. Braishfield Primary School also uses organisations such as Personal Best Education (PBED), Atomic Sports and Hampshire Cricket to support and help run PE sessions. Through the use of coaches, fun and innovative sessions are run that offer staff the chance to upskill their own practice. Each lesson, children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills are recapped throughout, and across, the years, each time they are being built upon; allowing children to know more and remember more.

All children within the school receive a four or five week block of swimming lessons each year with the aim that by the end of Year 6 all children are confident in the water and are able to swim a minimum of 25m unassisted. In addition to this, every child receives *Balance* Bikeability and Bikeability cycling lessons, which start by focusing on balancing and coordination to result in competent, confident and road-safe riders by end of Year 6.

We offer a wide range of sporting after-school clubs run by both teaching staff and outside agencies: PBED and Atomic Sports. These clubs are subsidised by school and they provide children with access to a wide range of sporting activities. These activities are support the children's curriculum or are based around current pupil interest to ensure the clubs are successful and popular. Our After School club changes activities every half term to cater to a range of abilities and preferences. A range of inclusive inter and intra-school events run throughout the school year, giving all children opportunities to take part in competitive sports.

Impact

Our curriculum gets children active to improve the wellbeing and fitness of all children at Braishfield Primary school; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. In all classes, children possess a wide range of physical abilities. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. Children at Braishfield Primary School make good progress in PE and are eager to participate in sporting activities, attend after school clubs and competitive sports events.

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