

Physical Education at Tilney All Saints Primary – Rationale & Vision Statement

We believe all children should have access to a high-quality Physical Education (PE) curriculum and PE should be an integral part of the whole school curriculum. Our School recognises the benefits high-quality PE provision can give to **all** pupils.

Our PE curriculum aims to ensure that all pupils develop their physical literacy and the **fundamental knowledge, understanding and skills to excel in a wide range of physical activities**, by providing a broad & balanced curriculum which aligns with our whole school approach, that provides opportunities for all.

Our PE curriculum will **contribute to healthy and active life styles**; improve emotional well-being, reduce challenging behaviour, increase attendance and develop key skills such as leadership, confidence, social and team building skills. Our approach to our curriculum design goes beyond the requirements of the National Curriculum for Physical Education, aligning with and our wider curriculum provision, vision and values as a school to ensure the best **DEAL** for all our pupils.

The aims of the national curriculum for PE are to ensure that all pupils:

- **Develop** competence to excel in a broad range of physical activities
- **Engage** in competitive sports
- **And** activities are physically active for sustained periods of time
- **Lead** healthy, active lives

‘High quality PE and school sport produces young people with the skills, understanding, desire and commitment to continue to improve and achieve in a range of PE, sport and health-enhancing physical activities in line with their abilities’

PE encourages pupils to be active and supports them in their understanding of how to participate safely and effectively. Our PE curriculum is **inclusive** to ensure that pupils of all abilities access the range of activities on offer and that **they are physically active for sustained periods of time** in order to encourage them **to lead healthy, active lives**. Regular participation in sport and physical activity can help to reduce the risk of heart failure; improve physical fitness; help with weight management; promote good health; instil self-discipline; develop skill; improve self-confidence; reduce stress and develop lifelong learning skills.

A high-quality PE curriculum can also inspire pupils to succeed and excel in competitive sport and other physically demanding activities. We will endeavour to provide opportunities for all pupils to participate in competitive sports and activities both in and beyond the curriculum. This will mean that all pupils will have the opportunity to participate in regular competitive sport.

PE will develop not only physical literacy and physical skills, but it will allow pupils to learn about themselves, the importance of a healthy, active lifestyle, self-expression and concepts

such as fair play and respect. It will also contribute to the development of a range of important cognitive skills, such as decision making and analysis, and social skills such as teamwork and communication, this will complement our work with outdoor learning and Forest Schools.

Our school also recognises the impact that the provision of a high-quality PE and school sport curriculum has on the whole school and that it can lead to whole school improvements. Developing pupil's personal qualities through PE can affect their attitudes towards school and learning. When PE and school sport provision is of the highest quality, all pupils will, to the best of their abilities, develop and demonstrate the following personal qualities:

- A strong desire to learn & make progress
- High levels of attendance and involvement in PE and school sport
- High levels of commitment to PE and school sport
- Good levels of positive behaviour such as politeness, fair play and helpfulness; and
- High levels of enjoyment and enthusiasm and a strong desire to get involved

Our vision is to provide the highest quality PE for all children, of all abilities. We will know that our provision is high-quality by monitoring the following **Pupil Outcomes**, to ensure that:

- Pupils will enjoy PE and School sport.
- Pupils will be committed to PE and sport, value it and make it part of their lives – both in and out of school.
- Pupils will know and understand what they are trying to achieve in PE and how to go about doing it.
- Pupils will understand that PE and sport are an important part of a healthy, active lifestyle.
- Pupils will gain in self-confidence by getting involved in PE and School Sport.
- Pupils will experience a wide range of competitive, creative and challenge-type activities, both as individuals and as part of a team or group.
- Pupils will think about they are doing in PE, analyse and evaluate and make appropriate decisions for themselves.
- Pupils will show a desire to improve and achieve to the highest levels in relations to their own abilities and potential.
- Pupils will develop stamina, suppleness, strength and speed to enable them to become live long participants in sport and exercise.

I have fought the good fight, I have finished the race, I have kept the faith.

Timothy 4.7

For I can do everything through Christ, who gives me strength.

Phillipians 4.13

To Learn. To know. To Lead out.