



Montgomery PE Statement

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Intent

The underlying aim of our Physical Education curriculum is to enable our pupils to develop Physical Literacy. The Physical Literacy Consensus Statement for England states “Physical Literacy is our relationship with movement and physical activity throughout life”. Physical Literacy can be described as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity. Enabling children to be physically literate supports their development as competent, confident and healthy movers.

PE should develop a pupil’s motor competence, support them to become a healthy participant, and give them the knowledge and understanding (including for tactics, strategies and rules) to access a broad range of physical activities and sports, as well as teaching pupils to value movement as an essential component of leading healthy, active lives.

At Monty, our PE curriculum intends to provide opportunities for pupils to develop holistically. We believe that PE not only supports a child’s physical development, but also serves as an excellent vehicle for promoting and developing other abilities and characteristics, including a pupil’s social, emotional and behavioural knowledge and skills. Therefore, in PE we believe in ‘learning to move’ and ‘moving to learn’.

Implementation within the curriculum

All pupils are taught 2 structured PE lessons per week. Throughout each year, children learn a range of knowledge and skills appropriate for their key stage, by taking part in a variety of units, each of which is given an activity theme, as well as clear aims and intended outcomes. We ensure a breadth of activities are delivered to all pupils by the end of Key Stage 2, including Games, Athletics, Aesthetics, Outdoor & Adventure and Aquatic activities. The pupil’s learning within PE is focused around 4 key content areas (physical skills, tactics & composition, competition & cooperation and knowledge & understanding), which helps to ensure we achieve the physical literacy and holistic development aims that are set out as our intention for the subject. In addition, our learning outcomes for lessons are focused around the Head, Hands and Heart concept, meaning that we aren’t always focusing solely on the physical skills, but instead we highlight when pupils have developed understanding and skills that enable them to know what something is, show how skills can be applied or grow in character as a healthy participant.

During the Early Years Foundation Stage, children develop their fundamental movement and gross motor skills, by beginning to explore different basic actions and movements through participation in a range of simple physical challenges and games. They begin to gain knowledge of, and develop, the fundamental components of fitness required for all movement, such as Agility, Balance and Coordination. Pupils also begin to learn how to participate safely in a variety of activities and games, learning to negotiate space in different contexts, follow rules and use simple tactics when cooperating with and competing against others.

As they move into Key Stage One, children continue to develop their fundamental movement skills, and begin to improve their knowledge, confidence, and competence of selecting and applying a greater range of actions, techniques and movements. They begin to use these skills across a wider range of physical activities and competitive games, both as an individual and as part of teams. Pupils start to link skills together with more confidence, as well as

performing them in isolation, and transfer skills to different contexts during participation in a range of games, both through a multi-skill and sport-specific approach.

In Key Stage Two, pupils continue their development and acquisition of a greater range of physical skills and components of fitness. They learn how to perform, adapt and link these skills for a range of different contexts and also learn how to participate in specific physical activities and competitive sports. Pupils continue to perform on their own, with and against others, and develop a deeper understanding of communicating, collaborating, and competing with one another. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils develop a wider range of tactics, strategies and concepts, and select, apply and transfer these between different sport-specific activities. They also develop greater knowledge and responsibility for keeping themselves safe during physical activity, and understanding why movement and exercise play a vital role in a healthy lifestyle.

Impact

Our high-quality PE curriculum will provide opportunities for pupils to become physically literate individuals; with the motivation, competence, confidence, knowledge and understanding to participate in a range of physical activities, challenges, and sports for life. PE will help to provide engaging opportunities for pupils to develop holistically, including their social and emotional skills as well as being one of the only subjects in school that focuses on physical development.

Pupils will have the motor competencies, knowledge, and behavioural characteristics to be able to participate effectively and compete healthily in a range of physical activities and sports, both on their own and as part of a team. The children's learning will be evident through teacher observations, assessments and pupil voice. A successful programme will see pupils enjoying and making healthy choices around physical activity and movement both during the school day and outside of school hours.

Pupils will engage with movement and being physically active. They will move and take part in physical activities as part of PE lessons, during active play at breaktimes and lunchtimes and by participating in extra-curricular clubs and competitions. Pupils will participate in and value movement as part of their daily life, but also enjoy participating and competing in physical challenges and games.

Pupils will commit to sport and physical activity clubs and events, either in or out of school. Montgomery will be well represented in both intra and inter-school competitions and PE events. Our pupils will have the competence, confidence and knowledge to be able to apply their skills to participate and compete in local competitions and events against other pupils and school teams with success.

Links to Whole School Curriculum Vision

As children progress through the school, PE will offer a range of opportunities for trips and experiences. Every child will access swimming/ water confidence sessions at local indoor or outdoor pools, as well as participation in a range of PE/ School Sports competitions and events, both in school and at other schools or sports facilities. It is our on-going goal to provide an opportunity for every child to attend a sports trip and represent Monty in a PE competition outside of school, by the time they finish KS2. This will offer our pupils the chance to further develop their understanding and put PE skills into a 'real life' context.