

PE Intent



At Kneesall we recognise the importance of physical activity and the role it has to play in promoting long term healthy lifestyles. We believe it is important that children are given opportunities to participate in a range of physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives. Through our PE curriculum we aim to give the children the fundamental movement skills that they will need and the ability to apply and develop these skills to both individual and team games. We strive to inspire our children through fun and engaging PE lessons that are enjoyable, challenging and accessible to all. Through our teaching of PE, we will also provide opportunities for children to develop values and transferrable life skills such as fairness, collaboration, respect and resilience as well as providing them with opportunities to take part in competitive sport.

The key aims of our PE curriculum are:

- To provide regular opportunities for children to be active.
- To help children learn how to co-operate with each other and to work successfully as a member of a team.
- To develop children's understanding of the role exercise plays in a healthy lifestyle.
- To teach the areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) as set out in the Foundation Stage Curriculum and National Curriculum 2014.
- To develop our school values of resilience, responsibility, kindness, collaboration, creativity, ambition, independence and respect for others through physical activity.
- To provide opportunities for children to experience as many different sporting activities as possible, in order to allow them to find an activity they really enjoy.
- To ensure the statutory PE curriculum is taught and appropriate training for all staff is provided.
- To ensure children can enjoy active break times through the provision of appropriate space and equipment
- To engage pupil voice in order to encourage participation in physical activity.
- To promote the celebration of sporting events.
- To promote inclusion

Implementation

- PE at Kneesall Primary School provides challenging and enjoyable learning through a range of activities including: invasion games, net games, striking and fielding games, gymnastics, dance, swimming and outdoor & adventure.
- Pupils participate in two high quality PE lessons each week in Years 1-6. Each class is timetabled so that they can access the hall or playground/field regularly and the school also makes use of the outside environment at much as possible.
- Our whole school overview of PE sets out the units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Teachers use a PE skills map to ensure there is progression across all key stages.
- Staff are given ongoing CPD sessions throughout the year in order to feel confident teaching PE.
- Children are encouraged to have active break times where a variety of equipment is available for physical activities and games. Sports Leaders in class 3 provide activities for children to participate in at lunch time and assist with our annual Sports day and other sporting events.
- We provide opportunities for all children to engage in active extra-curricular activities before and after school, such as games, gardening and running club. This is an inclusive approach which endeavours to encourage not only physical development but also well-being. The curriculum is further enhanced by participation in Family of Schools events with other schools in the area. These events develop collaboration, respect and resilience and are very much enjoyed by the children.
- We are also dedicated to increasing physical activity within other lessons, such as using BBC Super Movers, Go Noodle and brain breaks.
- Children in Class 2 and 3 are taught swimming by qualified instructors.

Impact

At Kneesall Primary, we help motivate children to participate in a wide range of physical activities through quality teaching that is engaging and fun. We ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. Our children are physically active and this has positive implications on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of exercise. We hope children enjoy PE and develop a love of sport and physical activity that they pursue outside of school and in future life outside of primary school.