# “Love Learning, Love Life…in all it’s fullness”

| PE Curriculum Intent, Implementation and Impact Overview |
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| Holyport CE 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. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. All children participate in competitive sport which can be against self and/ or others. We encourage children to transfer the school values and promises to sporting and physical activity, ensuring that they aim to be the very best that they can be whilst demonstrating the school vision of ‘Love Learning Love life … in all its fullness’ John 10:10.<br>We aim for all children to be physically active for sustained periods of time and to be able to make informed decisions to lead healthy and active lives<br><br>Our curriculum aims to improve the wellbeing and fitness of all children at Holyport, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes and the opportunity to compete alongside peers, pupils locally and where possible across Berkshire or National should to the opportunity arise. We aspire for children to adopt a positive Growth Mindset and believe that anything can be achieved with determination and resilience |

| INTENT | RESEARCH | IMPLEMENTATION | PLANNED IMPACT |
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| **As above** | **GOV.UK**<br><br>In children and young people, regular physical activity is associated with improved learning and attainment, better mental health and cardiovascular fitness, also contributing to healthy weight status. | pupils and their families can expect a PE curriculum that enables children to have:<br>• challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.<br>• The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.<br>• Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In | At Holyport CE Primary School, 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.<br>All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best.<br>Our pupils are physically active, and this has a positive impact on their learning in |

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| | Children and young people should engage in moderate to vigorous intense physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after school activities, play and sports.<br><br>Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.<br><br>Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least a light physical activity | addition, children are encouraged to participate in the varied range of extra-curricular activities. Lunch time sports are available each day and children can attend after school sport clubs at least 4 times a week.<br>• Children are invited to attend competitive sporting events within the local area. This is supported through the A&WMSP and also an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.<br>• Each year a small group of Year 5/6 children are invited to become Sports Leaders for the school called Primary Young Ambassadors. They develop into sporting role models for the younger children, assisting with lunch-time activities, lead these and announce rewards at a Friday assembly, are an integral part of our annual Sports days and any other Sporting activities.<br>• Children participate in workshops covering a variety of sports throughout the year. For example, outdoor and adventure, boxing and skipping, again providing the children with an opportunity to develop, improve their fitness and to try something new.<br>• Children in Year 3and 4 swim once a week for 10 weeks during the Spring Term. We repeat the 10 week course later in school for any children that are still unable to swim in Year 6.<br>• Children who need additional support to either increase their physical activity levels OR to improve balances, core strength and co-ordination skills are supported through fun and focused interventions. | the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise.<br>We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school.<br>Children can represent the school at sporting events from local to county level. Alongside this, we share sporting achievements both in and out of school in our Stars of the Week Assembly, so that we are promoting sports and activities, as well as celebrating all levels of success.<br>We aim for all Year 6 pupils to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water which are key life skills. |
| CURRENT ACTION POINTS - for further details see our PE Sports Premium Plan | | | |
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- Provide staff with CPD sessions on a more regular basis
- Closely monitor the outcomes for pupils with Maidenhead Magpie's support
- Develop the swimming lesson outcomes to improve the percentage of children meeting the requirements set out in the national curriculum, this will be achieved by meeting with staff at leisure focus who teach the children their lessons. We will also be changing our swimming provision by increasing the amount of year group attending lessons, as well as putting a focus on year 5's and 6's swimming opportunities
- To develop Mr Deverall's role further within the school, building links with other schools in the area and schools within the ODST
- Achiever higher awards for KS1 active stars and School Games Mark

**CURRICULUM ENRICHMENT**

Holyport offers children numerous opportunities for PE enrichment. Being signed up to the Ascot and Maidenhead School Sports Partnership, allows the school at participate in sports events such as participation festivals and competitive competitions through the academic year. Mr Deverall tracks which children have represented the school at these events and also targets children who are identified as having a SEND, inactive pupils, pupils who lack self-esteem, confidence and resilience. Children are identified as exceeding and achieving in PE are also given the chance to take part in various events, such as football and netball leagues, and competitions such as cricket and tennis.

The school also has a healthy lifestyle week each year. This week includes a variety of external support to offer children a variety of activities to help them understand and appreciate the importance of leading a healthy and active lifestyle. This includes activities such as a smoothie bike, yoga, mindfulness, first aid and alternative sports, such as tchouckball and handball.