



P.E. Intent, implementation and impact.

Intent: How we have planned our P.E curriculum

At St Nicholas and St Laurence School the intent of teaching Physical Education is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. Physical Education can promote self-esteem and resilience through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities building their perseverance as well as compassion for others.

Implementation: How we teach our P.E. curriculum

Our aim is for all classes to receive two hours of physical education per week. From September 2018, we have employed dedicated Sports Coaches who delivers P.E. lessons for the children, with teachers in an observing capacity. These cover activities such as: invasion game, orienteering, net and wall games, athletics and gymnastics. The aim is for children to experience a wide range of sports and increase participation while increasing teacher confidence in delivering lessons. Teachers are then able to apply what they have observed when delivering their own lessons to the children.

As part of the dance element of the curriculum, the children learn to perform traditional maypole or country dance for our annual May Festival which combines dance and singing. This is in addition to the dance units delivered in Physical Education lessons by class teachers.

Swimming is taught in Year 5 and 6, where they will complete an intensive block of 8, 1-hour lessons at the local pool, learning at their required level from basic water confidence to more advanced skills, specific strokes over increasing distances and safe self-rescue.

We believe it is an important part of a child's development that they should be able to ride a bike. We work in partnership with Sustrans and Bikeability to ensure children can ride a bike without stabilisers and perform safely on the road. All children should leave our school with Bikeability level 2.

Extra-curricular activities are offered and encouraged in a variety of sporting and physical activities to all age groups over the course of the year.

Impact: How we assess the progress our pupils make in P.E.

If our curriculum has been successful, all children in our school will have love for Physical Education and look forward to their lessons. They will also want to participate further in sport, taking part in either after school clubs or clubs outside of the school setting. Children should leave each Key Stage with the skills required to succeed at the next stage and our curriculum should provide small-steps for them to be able to progress. These skills should not only focus on the physical attributes but also their leadership, peer and self-evaluation.

Children will leave our school with a wide knowledge of different sports and a confidence to be able to give any physical activity a try. They should be resilient in a range of sporting situations and able to show their compassion when others may not have been as successful as them.