



PE Curriculum Intent, Implementation and Impact Overview

INTENT

At Henham and Ugley Primary and Nursery School we are passionate about inspiring and creating an inclusive, safe environment for children to develop their confidence and positive attitudes to a life-long interest in Physical Education, School Sport, Physical Activity and their Health and Well-being.

It is our intention to develop our children's physical, mental, social and emotional wellbeing through a variety of different sports and activities, helping to create a well-rounded individual. This will be achieved through a robust curriculum offer and supported with additional extra-curricular activities.

As a school we strive to embed the fundamental British values across the curriculum. PE and Sport offer many opportunities to develop children's understanding and awareness of these values. This can be achieved through applying rules in game situations fairly, respecting their peers and opponents and having tolerance of children's varying experiences within sporting environments.

The national curriculum for physical education aims to ensure that all pupils:

- *Develop competence to excel in a broad range of physical activities*
- *Are physically active for a sustained periods of times.*
- *Engage in competitive sports and activities*
- *Lead healthy active lives*

IMPLEMENTATION

Each class is timetabled 2 hours of PE lessons per week, these are taught by class teachers who follow the Primary PE Planning scheme of work which is embedded across the whole school. From Reception to year 6 the Long Term PE plan incorporates progressive learning of Gymnastics, Dance, Athletics, Outdoor Adventurous Activities, Games, plus Swimming in KS2. This allows clear progression of skills and consistency of teaching across the school.

Children in EYFS will continue to study the physical development framework as part of their curriculum, with PE supporting this framework to develop their physical skills.

In addition to the 2-hour offer, children have access to 60 minutes of physical activity per day through strategies such as, The Daily Mile, Playground Games lead by KS2 playground leaders and opportunities to participate in classroom yoga and mindfulness activities.

Extra-curricular clubs are offered to give further opportunities to engage children to be active beyond the school day, these clubs are delivered by coaches and school staff.

The school is part of the Uttlesford School Sport Partnership which offers opportunities for children to participate in festivals and competitions against other schools. There is also a football league for local schools to participate in throughout the academic year.

During PE lessons, assessment for learning strategies are implemented consistently, this includes teacher feedback, peer and self-assessment opportunities.

Pupils make links between science where there is a focus on body, health and fitness, dance linking to History topics and PSHE focusing on mental, social and emotional wellbeing.

IMPACT

Ultimately, our curriculum aims to improve the whole child through teaching a variety of sporting skills and underpinning the British Values and disciplines PE promotes.

The school enjoy much success in inter school competitions, recently qualifying for the district cross country and dodgeball finals, we have also enjoyed recent success in team sports including tag rugby, football and archery. As a school we pride ourselves in celebrating successes in PE and School Sport regardless of the outcome, this is important to support children's continued awareness of the importance of being active for life.

Pupils tell us that they enjoy school PE and like the range of activities and sports on offer at Henham and Ugley Primary and Nursery School. They are happy with how the school fairly selects children providing equal opportunities for each child to represent the school at a festival or competition throughout the academic year.

Most children leave school reaching expected or exceeding age-related expectations in PE. Most importantly children leave Henham and Ugley Primary and Nursery school with a life-long love, enjoyment and interest in maintaining a

healthy and active body. Research tells us that if a child enjoys sport and physical activity, they are more likely to continue this to form life-long habits.