

Physical Education

Curriculum Intent

'A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.'
(National Curriculum, 2014)

At Green Ridge, we recognise the **value** of physical education (PE); we fully embed and adhere to the aims of the national curriculum for physical education to ensure that all learners:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

We believe that pupils should leave primary school having the skills that are the building blocks used to support Physical Literacy. This includes **developing fundamental movement skills** which builds physical fluency, capability and automaticity of movement, co-ordination, agility, stamina, speed and power. These are elements of physical fluency which is at the heart of Physical Literacy. Pupils can acquire these skills sequentially over their time at Green Ridge, being introduced in the youngest of year-groups to develop the skills from the earliest age.

Physical Education offers pupils a range of other learning skills, far beyond the PE curriculum, which are broad and support many other areas of learning, such as:

PE is a **science**

It encourages children to view and understand the effects that activity and exercise has on their bodies, including understanding the importance of warm ups and cool downs.

PE is **mathematical**

It contributes to the teaching of mathematics by encouraging children to measure and record what they do accurately. Furthermore, PE can provide children with another dimension to learn about, explore and use to apply key mathematical concepts and language.

PE is **personal, social and health education**

It contributes to the children learning about the benefits of exercise and healthy eating, and how to make informed choices about these vital life skills. We want to use our curriculum to help support the children in making the right choices within their life. Be it attitudes to exercise, choices within food or understanding how physical activity can improve mental wellbeing.

In addition to this, PE supports many wider educational skills and dispositions which we wish to teach and instil within the children at Green Ridge:

- Physical education helps **develop language and reasoning**: PE encourages children to orally describe what they have done, and to discuss how they might improve their performance.
- Pupils learn to **improve their work**: Pupils are encouraged to evaluate and reflect on their performance and to suggest ways in which to improve.
- A **sense of achievement**: Learning new physical skills can be a challenging, but achievable goal. Pupils who master even the smallest skills within a game will be able to feel proud of their achievement.
- **Emotional development**: Pupils will be encouraged to develop personal and social competence and the necessary skills to manage success in competitive and co-operative situations; to cope with winning and losing, and to retain a proper sense of perspective in competition.
- PE **supports pupils with their own mental health and well-being**: Research has shown us time and again that physical activity boosts mental wellbeing, reduces anxiety and improves mood.
- Pupils can **learn teamwork**: Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.
- **Responsible risk-taking**: Competing in a sports event can bring fear and anxiety. Doing so teaches pupils how to take risks and deal with fear, which will help them become successful and reach their potential.
- **Increased self-confidence**: Physical activity is also a very important contributor to social wellbeing – especially confidence. Physical activity is associated with positive social behaviour, such as being kind and attempting to resolve disputes with classmates. We champion participation in physical activity, through the mastery of skills, children can increase their confidence and self-esteem.

In summary...

P.E is a **multi-disciplinary subject**, which not only provides skills for physical education, but also supports many other learning and wider life skills which other subjects cannot do in the same way. In order to prepare children for the next stage of their physical education in Key Stage 3, at Green Ridge, we want the children to leave us with:

- high levels of physical fitness
- a healthy lifestyle by eating healthily and exercising regularly
- a strong swimming ability so our learners can swim at least 25 metres and know how to remain safe around, and in, the water
- a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully
- a positive attitude towards participation in physical activities

We understand the importance of a whole school approach to PE, physical activity and school sport. Our ethos aims to create early positive experiences for children which helps physical activity become the norm.