

Our PE Curriculum

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities.

Intent

Benjamin Adlard 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 lifelong values.

Our curriculum aims to improve the wellbeing and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Implementation

PE at Benjamin Adlard Primary School provides challenging and enjoyable learning through a range of sporting activities, including games, swimming, dance, gym, athletics, and striking and fielding.

- 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.
- We use Primary steps in PE curriculum; a clear and comprehensive scheme of work, to plan and deliver lessons which show progression of skills across KS2 within the different strands of PE.
- Pupils participate in two high-quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extracurricular activities. Lunch time sports are available each day and children can attend after school sport clubs one evening per week.
- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental wellbeing. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- Each year a small group of Year 6 children are invited to become sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch time clubs, our annual sports day and any other sporting activities.

- Children participate in workshops covering a variety of sports throughout the year. This is to provide the children with an opportunity to develop, improve their fitness and to try something new.
- Children from Year 3 and 4 access swimming for three terms.
- We participate in the Daily Mile, to help meet the government target of all children being active for at least 60 minutes a day.

Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports.

We equip our children with the necessary skills and a love for sport. They will, hopefully, grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.