



## Physical Education: Intent, Implementation, Impact

### Intent

At North Clifton Primary School, we believe 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 develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. We provide an opportunity for children to learn how to stay safe and develop confidence in the water by providing swimming lessons from Year 1 upwards on a two-yearly cycle.

We also aim 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.

Our PE Curriculum, along with PSHE and science, teaches children about the importance of healthy living and learning about the need for good nutrition. At North Clifton we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being.

### Implementation

In school, we follow the National Curriculum for PE. The Robins (EYFS and KS1 class) and the Owls (KS2) both use a two-year rolling programme.

Lessons incorporate:

*Knowledge: Competent learners; active and healthy learners; reflective learners; engaged learners; disciplined learners*

*Skills: Agility, balance, co-ordination, locomotion skills, stabilisation skills; ball manipulation skills; invasion game principles; rotation; sequencing; working together*

*Experiences*

*Key Vocabulary*

All children have two hours of PE each week. The children in KS1 and KS2 also attend swimming lessons at Newark Sports and Fitness Centre on a weekly basis for the second half of the academic year every two years.

A Traditional Sports Day is held each summer where families and carers are invited to share and celebrate the success of our children and their talents in sport. Children complete a range of activities both competitively and non-competitively.

### Impact

We measure the impact of our PE curriculum using a range of formative assessment methods including observations, self and peer assessment during lessons.

Our PE curriculum aims to improve the wellbeing and fitness of all children at North Clifton school; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. Through strong links with PHSE we promote the overall wellbeing and health of each child through teaching about self-discipline and that to be successful you need to take ownership and responsibility of your own health and fitness.

In all classes, children are a wide range of ages and possess a wide range of physical abilities. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child.