



Intent

At Colwich CE Primary School, we value the importance of physical education, not only for the impact it has on physical health, but also on mental health and wellbeing. We want our children to experience high quality physical education, physical activity and school sport, that will inspire them to participate in physical activity for the rest of their lives. Through their 2 hours of weekly PE, Forest Schools and extra-curricular opportunities, we intend to build the skills, knowledge and confidence of our children in activity and sport. We will allow our children to learn about themselves, the importance of a healthy, active lifestyle, self-expression and concepts such as fair play and respect. We will develop a range of important cognitive skills, such as decision making and analysis, and social skills such as teamwork and communication. The PE curriculum will allow our children to flourish as it supports them to develop their character including their resilience, confidence and independence – and knowledge of how to keep physically and mentally healthy.

A Colwich athlete:

- Is able to acquire new knowledge and skills exceptionally well, and has an in-depth understanding of PE.
- Is able to practise skills in a wide range of different activities and situations (alone, in small groups and in teams) and can apply these skills in chosen activities to achieve exceptionally high levels of performance.
- Has high levels of physical fitness and stamina.
- Is able to remain physically active for sustained periods of time, and understands the importance of this in promoting long-term health and wellbeing.
- Is able to take the initiative and become an excellent young leader: organising and officiating; evaluating what needs to be done to improve; and motivating and instilling excellent sporting attitudes in others.
- Has exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- Has a keen interest in PE and physical activity, a willingness to participate eagerly in every lesson or sporting activity, highly positive attitudes and the ability to make informed choices about engaging in extra-curricular sport and inter/intra school competitions.
- Is able to swim at least 25 metres before the end of Year 6, and has knowledge of how to remain safe in and around water.

Implementation

- Our curriculum map shows the activities planned in a logical and sequential order which builds on prior learning. In the early years of schooling, it is essential that children start to master the fundamental skills of movement before the introduction to more complex skills which might involve multiple pieces of equipment or rules as they move through our school.
- We have a holistic approach to PE that focuses on the whole child and key skills rather than just focusing on skills. We use the Imoves' scheme's fundamentals of: exercise, practise, move, communicate, think and create.
- In School, class teachers are responsible for delivering fundamental skills, games, athletics, dance and gymnastics. Some areas of Outdoor and Adventurous Activity may also be covered in school, for example through Forest School sessions as well as visits to outdoor education centres. Swimming is taught off the school site. We aim for as many children as possible to reach the end of KS2 requirements, so these sessions may also involve taking children from other year groups to help them reach the requirements.
- Staff have access to a range of high-quality teaching resources including the Imoves, TOPS activity cards and national initiatives.
- Staff incorporate the STEP (Space, task, equipment and people) model into their PE lessons to ensure that activities are inclusive and challenging for all. This could involve varying the space provided, the task, the equipment given or the number of people involved in the activity.
- We participate, within the Rugeley cluster schools, in a wide range of sporting events run by The Hart School. Furthermore, we participate in events organised by the Cannock and Rugeley School Games Organiser such as cross country and football, which give opportunities to proceed to level 3 competitions further afield. We also organise tournaments within the Mid Trent Multi Academy Trust.
- We run intra-school events based on major sporting events such as the World Cup and the Olympics as well as charity events such as Sport Relief.
- We run Extra-curricular sports clubs.
- We regularly review and restock needed playtime and PE equipment when needed so that PE lessons can be delivered effectively.
- We deliver Forest School sessions by a Level 3 qualified Forest School leader to help provide a broad and balanced curriculum, and to promote a love of physical activity outdoors.

Impact

- Professional discussions with staff and questionnaires show that staff now generally feel more confident to teach all areas of PE.
- Using The Trust assessment documents and Imoves unit documents to help staff and the PE leader to monitor progress of all children and ensure good coverage across the curriculum. Any gaps in learning can then easily be identified and filled in.
- Reviewing swimming and taking extra children who have not already met end of KS2 requirements is enabling more children to make better progress.
- Feedback from children attending tournaments has shown that they are engaged in the tournaments provided and are keen to attend again.
- Feedback from staff and pupils following intra-school events show children really enjoyed participating and would like to do something similar again. This is therefore helping to promote a love of physical activity, which in turn has an impact on physical and mental health.
- Extra-curricular sports clubs are increasing engagement in physical activity, and many children who participate e.g. in the netball club, are keen to participate again the following year.
- Reviewing and restocking PE equipment regularly is enabling a wider range of PE activities to be taught, and more equipment available is enabling higher quality PE lessons e.g. children may now have access to a football each rather than needing to share, which means they are active for longer.
- Forest School is allowing children to be active for longer during the school day, and is known to have proven benefits to physical and mental health.