

PE Subject Statement

PE Lead: Reece Evans

Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.

John F. Kennedy

Intent

At Flitch Green, we want our children to receive a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physical activities. The children will engage in a range of sport which will build character and embed values such as fairness and respect. We want them to be physically active for sustained periods of time, which will result in their love for sport returning and encouraging them to engage in physical activity outside of school using links to local sports clubs. At Flitch Green, we offer a range of extra-curricular sports clubs and in the future we will aim to offer clubs to all pupil premium children.

We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely yet imaginatively to achieve their personal goals. All children have the opportunity to enjoy being physically active, maintain a healthy lifestyle and using the medium of sport, increase their self-esteem. We aspire for children to adopt a positive mind-set and believe that anything can be achieved with determination and resilience.

We provide opportunities for children to learn how to stay safe by starting swimming lessons in year 1 and continuing until children have become confident in the water, knowing how to keep safe and also meet the National Curriculum requirements of swimming 25m by the end of Year 6

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 Flitch, 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

At Flitch Green we offer a dynamic, varied and stimulating program of activity to ensure that all children progress physically through an inspirational, unique and fully inclusive PE curriculum. All pupils receive at least two hours of high quality PE using our hall or the spaces outside. To help deliver our curriculum, we work with Sports Coaching Specialists (SCS) who send a coach each week to deliver inclusive PE lessons to each class across the year. The coach also offers CPD opportunities, with teachers observing the coach in action and working alongside him. This helps build the confidence of the teacher and the quality of the lessons that they deliver. Staff have access to a sports planning website where they are able to plan inclusive lessons for their class, by selecting drills and activities to support the learning of their session.

Our PE curriculum is sequenced precisely to ensure progression of knowledge and skills throughout a child's primary education, thus enabling children to build upon prior experiences and apply these fluently, with confidence. We are part of the Uttlesford School Sport Partnership, where we have access to expert programmes such as Bikeability and Chance to Shine cricket, which is delivered by coaches for no cost. We take part in a wide range inter-sports competitions and inclusion events with other schools in the partnership. Although we enjoy the competitive nature of sport, we also appreciate and encourage the importance for all children to take part in events and promote positive experiences of being physically active and not always participating to win.

Children take part in a range of invasion, striking and fielding or net and wall games, we promote imagination and creativity in gymnastics and dance as well as provide opportunities for athletics using both indoor and outdoor environments. Children in Year 4 and 6 will take part in outdoor and adventurous activity challenges both individually and within a team on a residential trip.

To develop leadership and communication skills, children in Year 6 can apply to become a Sports Ambassador, which is a responsible role in encouraging younger children to learn how to play collaborative games in the form of a club at lunchtime. Children selected are positive role-models for younger members of the school.

Impact

Pupils at Flitch Green will develop detailed knowledge and skills across the curriculum and, as a result, achieve well. This will be reflected in them meeting their age appropriate milestones.

The school will see improvement across a number of key indicators. We will see the engagement of all pupils in regular physical activity. Children's confidence and engagement will increase and the profile of PE and sport will be raised across the school.

From our lessons, children will take responsibility for their own health and fitness, and with their exposure to competitive sports, many will enjoy this success of representing the school.

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