



Physical Education



Intent

Physical education at Bushbury Hill Primary develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities, sport and P.E. lessons. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle.

Therefore we enable the children to make informed choices about physical activity throughout their lives.

The objectives of teaching PE in our school are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children perform skills, and apply rules;
- to show children how to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity;
- to develop an understanding of how to succeed in a range of physical activities, and how to evaluate their own success;
- to promote mutual respect through the use of varied groupings and the opportunity to share and celebrate the achievements of others;
- to develop pupil self-esteem through the use of peer assessment;
- to develop the children's understanding of how to lead a healthy and active lifestyle.

Implementation

At Bushbury Hill we use the PE Planning scheme which provides learning opportunities that ensure all pupils make good progress.

Our skill progression recognises the importance of not only the physical development of the children but also their social, mental and emotional wellbeing.

- Thinking - children are encouraged to analyse, evaluate and make decisions that will impact the outcome of a performance.

- Social - children develop key skills such as communication, resilience, leadership and teamwork.
- Healthy - children are taught to develop an awareness of the health benefits of leading a healthy, active lifestyle along with how to perform activities safely.
- Physical - children are taught to improve the quality and control of their performance whilst focusing on a range of skills across a broad and balanced curriculum.
- Creative - children are encouraged to be innovative when performing an activity and working out how to overcome challenges.

Children evaluate and reflect upon their own performance as well as the success of their peers and are encouraged to set their own challenges in order to achieve a personal best. They practise and perform in a range of styles such as individual, paired, group and whole class situations and then take the skills they have developed to scaffold future learning.

Staff complete assessments by keeping track of all children's progress and attainment on year group - non-core assessment trackers; the progress and attainment of all children is updated at the end of each unit of work.

Impact

The impact of our PE curriculum will result in children making good progress and reaching at least age-related expectations. Our skills progression enables us to ensure that children develop the knowledge and understanding, skills and attributes necessary for a healthy mental and physical wellbeing during their time at Bushbury Hill Primary and instil confidence and a passion for healthy living in the future.