

Physical Education

Flourish and grow with responsibility, respect and resilience.

“As I have loved you, so you must love one another.”

John 13:34

“At Harleston Primary Academy, we are committed to developing our pupils and the local community’s knowledge, skills and understanding of leading a healthy and active lifestyle. Physical activity is used as a way to support our children’s physical, mental, emotional and social wellbeing. Physical education teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.”

Intent

Here at Harleston C.E. Primary Academy, we are committed to delivering fun, stimulating and competitive PE and Sport for all of our pupils. Both the children and staff understand the importance of an active and healthy lifestyle and how different activities can affect their fitness and improve their physical development, stamina and creative movement. PE at our school is a central part of the children’s lives. We believe that learning to swim is a vital part of all of our children’s learning. We strive for all of our pupils to be able to swim competently, confidently and proficiently over a distance of at least 25m by the end of KS2. All children from Years 3 to 6 have regular swimming lessons at Archbishop Sancroft High School. They are taught by a qualified swimming instructor and supported by other trained members of staff. Children, who are unable to confidently swim 25m towards the end of year 6, attend additional catch up sessions within small groups, before they leave our school

Throughout the year, we offer a wide range of after-school clubs to children of all ages: Gymnastics, Football, Tennis, Dancercise, Netball, Tag Rugby, Hockey, Cricket, Bocce, Tri-Golf and Multi-skills. We believe it is important for children to apply their knowledge, skills and understanding further in a variety of sports and encourage them to pursue their hobbies outside of school too. As a school, we have an extensive list of clubs, many of whom we have active links with, to help parents/carers find trusted local sporting clubs to take their children to.

The national curriculum for P.E aims to ensure that all pupils:

- ❖ Develop competence to excel in a broad range of physical activities
- ❖ Are physically active for sustained periods of time
- ❖ Engage in competitive sports and activities
- ❖ Lead healthy, active lives.

We teach P.E. lessons so children can:

- ❖ Have fun and experience success in sport
- ❖ Have the opportunity to participate in P.E at their own level of development
- ❖ Secure and build on a range of skills
- ❖ Develop good sporting attitudes and disciplines
- ❖ Understand basic rules
- ❖ Experience positive competition
- ❖ Learn in a safe environment

- ❖ Have a foundation for lifelong physical activity, leaving primary school as physically active.

Implementation

Through the teaching of high quality PE, which is taught by class teachers, NPECS-trained staff and local outside agencies twice each week, and by integrated active lessons wherever possible, we aim to help children understand the importance of leading a healthy and active life-style, teamwork, healthy competition and the need to strive to exceed their own personal skills across a variety of different sports.

We offer our children the opportunities to take part in a range of inter and intra school festivals and competitions, both as individuals and as part of a team. These events have included our teams representing our school at South Norfolk finals in Tag Rugby, Swimming and Tri-Golf. All the children who attend these competitions or events are awarded for their efforts in a celebration assembly with certificates, medals or trophies.

Impact

Our PE Curriculum is planned to demonstrate progression. We aim to develop the vital skills to enable our children to lead a healthy and active lifestyle and be exposed to a wide variety of games and sports. If children are keeping up with the curriculum, they are deemed to be making good or better progress. In P.E. we know we have been successful when we observe and can record

- ❖ Improved wellbeing and fitness of all our children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.
- ❖ Developing self-discipline ensuring children understand that to be successful you need to take ownership and responsibility of your own health and fitness.
- ❖ Motivation and development of skills throughout lessons and during competition
- ❖ Pupils with a life-long love for P.E.
- ❖ Children representing our school in a variety of sporting events and competitions
- ❖ PE cafes to demonstrate to our parents and local community the importance of leading a healthy and active lifestyle.

Covid-19 amendments to our PE curriculum

In light of the current global pandemic and with reference to the most recent Government guidelines, our PE lessons will be adapted for the academic year 2020-2021. As a school, we are focusing on mental health and the positive impacts of regular physical activity. Teachers will therefore plan into their daily time table at least 30 minutes of physical activity, whilst adhering to our risk assessments and the government guidelines on social distancing. Our PE lessons will take place outdoors for the Autumn Term. Swimming will not take place for at least the first half-term to enable us to work in collaboration with the High School to ensure the delivery of future swimming lessons are safe for our staff and children.