



Confidence, Persistence, Getting Along, Organisation, Resilience.

Physical Education Intent

At Edisford Primary School we provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential for supporting their physical, emotional, social, and moral development. We aspire for children to adopt a growth mindset and believe that anything can be achieved with determination and resilience.

We aim to deliver high quality teaching and learning opportunities that aspire all the children to succeed in physical education and develop life skills such as being safe in water and being able to swim.

Our PE curriculum is based on the three Ps principles:

1. **Purpose** – each lesson has a strong sense of purpose with a clear objective demonstrated and worked towards. By the end of the lesson, children can have a go at a new technique or move and have made progress.
2. **Perspiration** – each lesson allows children to feel their bodies working hard, with their hearts beating and bodies energised.
3. **Pleasure** – each lesson aims to give children a keen sense of enjoyment, whether it is because of achieving a new skill, playing together as a team or performing a move for others to copy.

Curriculum Delivery

All pupils are entitled to a progressive and comprehensive physical education program which embraces current Statutory Orders of the National Curriculum and considers individual needs and interests.

Our school provides all pupils with an entitlement of 2 hours of high-quality physical education a week.

Key Stage 1 (x 2 lessons – 60 minutes duration each lesson)

Key Stage 2 (x 2 lessons – 60 minutes duration each lesson)

We deliver 6 different units of PE throughout each year group:

1. Invasion Games
2. Striking and Fielding
3. Gymnastics
4. Dance
5. Sending and Receiving
6. Athletics

Each unit is sequenced carefully from year to year and lesson to lesson.

House Teams

Each year all children in school are given the opportunity to represent their House teams (SMAUG, SKULLION, NIGHT FURY & DOOMFANG) by participating in sports day which gives children the opportunity to show leadership, teamwork, and communication skills.

Long Term Plan

The long-term plan sets out PE units which are to be taught throughout the year and ensures that requirements of the National Curriculum are met.

Wider Skills

Through our teaching of PE, we want to teach children how to co-operate and collaborate with others as a part of a team and provide opportunities for pupils to develop values and transferable life skills such as fitness and respect. Our curriculum aims to improve the wellbeing and fitness of all children at Edisford Primary School, not only through sporting skills taught, but through the underpinning values and disciplines PE promotes as we aim to fulfil our school ethos statement with 'I can do attitude'. This fits in with our development of personal characteristics in our curriculum – persistence, confidence, getting along, organisation and resilience.

Endeavours in KS2

Dance

Our Dance unit of PE is mainly taught through our Performing Arts Endeavours badge. Children work on several dances for our Christmas show through the Autumn second half term, choreographing and refining movements to perform to an audience at St Mary's Hall Theatre in Clitheroe.

Adventurous Outdoor Pursuits

We also provide and contribute towards several outdoor adventure activities for the children including a residential trip to Robin Wood where children could participate in a range of adventurous activities.

Bikeability and Balanceability

Children in Reception take part in Balanceability sessions, where they learn to ride a balance bike, if they aren't riding a bike already. In KS2, Year 5 pupils take part in Bikeability sessions over a week, learning to ride a bike safely if they can't already, developing stamina and how to ride on the road.

Swimming

Years 4, 5 and 6 all complete one term of swimming sessions a year. We have three trained members of staff who have lifesaving qualifications at Level 1, so can deliver training sessions alongside other coaches.

Sports Clubs

In addition, children are encouraged to participate in extra -curricular activities, with school running at least two sports clubs during lunch time/after school voluntarily run by staff or sports coaches.

Sports Coaches

Sports coaches are used to improve the quality of existing PE teaching through continuing professional development in PE, so that all primary pupils improve their health, skills, and physical literacy, and have a broader exposure to a range of sports. We use Ribble Valley Sports, with Mr Robinson and Mr Williams delivering training for staff and coached lessons. We also use TAG Sports North West, with Mr Gavin.

This specialist advice and coaching improves the quality of our existing PE teaching and broadens and deepens learning.

Sport Competitions

Children are invited to attend competitive sporting events within the local area. This is an inclusive which endeavour to encourage not only physical development but also mental wellbeing. These events also develop teamwork and leadership skills and are very much enjoyed by the children.