



## Physical Education

### Intent

At Croft C of E Primary, we provide a broad and balanced P.E programme. The curriculum we use focuses on the whole child and it is our vision to provide them the physical literacy, emotional and thinking skills to achieve not just in sport and P.E, but in other subjects and beyond the classroom. This child-centred approach provides challenge for all children regardless of their sporting abilities and experiences. We very much wish for all of our children to lead healthy lives and we recognise the role that we, as a school, have to play in promoting physically active lifestyles. Healthy competition, cooperative learning and the development of coordination, agility and balance are at the heart of the Real P.E programme that we have adapted for all year groups from EYFS up to Year 6.

### Implementation

All children have at least two hours of P.E per week which is taught by each classes' teacher. Each class will have one session of indoor P.E which follow the Real P.E programme and one outdoor session which focus on developing the skills and knowledge for specific sports required for team games such as hockey, netball, tag rugby and football as well dance and gymnastics. Many of our Character Education Values are particularly important in our P.E lessons. We aim to ensure that we teach the values of: 'Empathy' (learning how to win and lose respectfully), 'Curiosity and Questioning' (challenging ourselves and each other through questioning), 'Enthusiasm' (having fun, being keen to learn and contribute) and 'Managing Impulsivity (learning the specific rules of games, respecting the rules and using equipment appropriately and safely).

Each class also take part in the 'Daily Mile' whereby the children run around our all-weather track for 15 minutes each and every day. Medals are awarded at various milestones throughout year, such as completing 100 miles. All children in Key Stage Two also have the opportunity to receive swimming lessons for a whole term.

Children in Key Stage Two are also able to take part in a wide variety of sporting events throughout the year as part of the Blaby Schools and Brockington Family of Schools Calendars. External coaches, organisations and visits from inspirational sporting figures further support and enhance the sporting experiences of our children. The majority of our year 6 children also take on the role of 'Playground Superleaders' whereby they organise and lead playground games for Key Stage 1 during lunchtimes.

### Impact

Through the use of the Real P.E scheme and the online Jasmine platform, we focus on developing six key skills: Personal, Social, Physical, Creative, Cognitive and Health & Fitness. Pupil progress can be easily recognised through clear learning journeys which are monitored by the class teacher, subject lead and SLT. Pupil and staff interviews are conducted by the subject lead. We also encourage regular self-assessment with children setting their own targets for each lesson. Establishing a growth mindset among our learners is key to developing confident, independent children who have a sustained love and appreciation for sport and physical activity.