



## **Physical Education at Condover CE Primary School**

### **Intent**

Condover Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. Our aim is to develop the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. We want to teach children skills to keep them safe such as being able to swim. To teach children to recognise and describe how their bodies change and feel during exercise and the importance of fitness on their longer term mental and physical health. We also aim to teach children how to cooperate and collaborate with others and to understand rules. We intend to develop a competitive ethos in children, so they learn how to embrace challenge, success and failures as individuals and teams. Our curriculum aims to improve the wellbeing and fitness of all children at Condover, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

### **Implementation**

- PE at Condover Primary School provides challenging and enjoyable learning through a range of sporting activities including but not limited to; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
- The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Teachers use, and adapt, GetSet4PE planning to ensure lessons across years show progression.
- Teachers receive CPD through Shrewsbury Town in the Community.
- Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities after school.
- Every child is invited to attend competitive sporting events within the local area. This

is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children. There is a fortnightly competition between paired schools.

- Each year a small group of Year 6 children are invited to become Playground Stars for the school. They deliver lunch time activities for younger children to participate in.
- Children in KS2 swim once a week for 5 weeks every year during the Spring Term.
- All classes participate in Active 8 every day, which contributes to the overall government target of all children being active for at least 60 minutes a day.
- A small number of children are nominated to be Sports Council.

### **Impact**

When Year 6 pupils leave Condover Primary school:

- Children understand the impact of Physical activity on their own body and the importance of activity to support their learning
- They have a wide range of subject specific vocabulary.
- Children can apply the correct technique to a variety of sports.
- A pride is developed for our school and children become proud of sporting achievements and want to be more active for the benefit of themselves into later life.
- Children become stewards of their own learning and support peers to continue to improve and excel.
- Year 6 pupils leave school with the skills to self-rescue in the water and swim 25 metres competently.

Co-ordinator- Craig Pearce