

P.E. Curriculum Statement **2023 - 2024**



The Golden Thread running through our PE curriculum is to develop and harness children's love of physical activity. We aim to give them the understanding, teach them key, core skills and recognise the feeling, that being physically active makes us feel good. By developing key skills through a range of traditional and alternative sports, children will develop a life-long love of exercise, boosting self-esteem and body confidence. By giving them opportunities which go beyond the curriculum, pupils will begin their journey here at Alverton and make steps towards having a more active, healthy future.

Intent

At Alverton School we recognise and value the importance of Physical Education. We fully adhere to the aims of the national curriculum for physical education to ensure that all children:

- 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
- receive a programme of swimming

We believe that PE and school sport play an important role in making our vision statement a reality for every pupil, with the potential to change young people's lives for the better. As part of the 2012 Olympic legacy and with the PE Premium funding, we aim to offer every pupil active time during the school day whether through PE lessons, extra-curricular activities or during breaks and lunchtimes.

Our vision is to ensure that all children enjoy Physical Education and sport. Through Physical Education, we aim to develop the children's understanding of the importance of health and well-being, to promote active participation in PE lessons and to develop a life-long love of being physically active.

Following Covid-19, we had a whole-school priority of children's mental and physical health and wellbeing.

Implementation

PE can increase self-esteem and confidence and we directly teach and recognise the importance and benefits of being physically active. We are committed to using our Sports Premium funding to develop high-quality PE lessons, alongside offering greater opportunities for sporting competitions and clubs for all our young people. We have an effective programme of CPD which aims to offer staff new skills and increased confidence when delivering school sport. As well as this, we continue to build links with community clubs to provide an essential exit route for the most able pupils.

We have high expectations for all pupils and offer intensive intervention programmes where needed: for example, we identified groups of pupils, such as some of our Key Stage 2 girls, who required extra support in developing key skills and motivation and our provision reflects this need. In Key Stage 1, we work to develop basic, fundamental movement skills which will allow pupils to participate in a wide range of sports and activities once they reach Key Stage 2. We offer both traditional sports such as hockey, netball and

football as well as alternative sports. Through the development of skills and understanding of rules and teamwork, we aim to see an increased participation in competitive sport.

We hold our own intra-school competitions for all pupils to compete in, covering a range of traditional and alternative sports, as well as providing children with inter-school opportunities for competition and participation.

Swimming and water sports are developed from Years 1-6 with a focus placed on improving the skills of targeted children from Years 3 and 4; older children also receive water safety and life-saving skills.

In the EYFS, children are taught to follow simple instructions, take part in simple team games, ball skills, early gymnastic skills and dance. They have one taught session per week in the school hall but a myriad of opportunities to practice their skills in the EYFS learning environment where they have access to balance bikes, climbing equipment and a range of resources to enhance the provision.

Our skilled sports coaches ensure that all programmes, interventions and delivery of PE lessons are challenging, improve key skills and promote the benefits of leading a healthy, active lifestyle.

Our curriculum is fully inclusive and we ensure all children have the same entitlement to a broad curriculum by making adaptations where needed.

Impact

PE is recognised, taught and celebrated at Alverton as the basis for developing a life-long love of being physically active. Through offering a wide variety of after school clubs, entering local leagues and competitions as well as providing sports days and intra-school competitions, every child has the opportunity to compete and take part in a variety of sporting opportunities.

We are very successful in a range of sporting events and have won several local and County competitions in a variety of sports. We equally celebrate participation events which have an enormously positive impact on the self-esteem, pride and motivation of the children taking part.

Our high-quality PE curriculum and opportunities offered led to us achieving the School Games Gold Award for four successive years. As well as this, our Girls Active programme has been locally and nationally recognised, meaning that the opportunities that we have provided, and will continue to provide, for our girls, have had a wider impact upon the local community. Our sports leaders lead events at school and broaden the opportunities available to all pupils, especially those who are less active, as well as developing their own leadership skills through running lunchtime clubs as well as supporting teachers in lessons.

A number of our pupils attend local sporting clubs which we celebrate and recognise. These links with local sports clubs and coaches are challenging our most able pupils as well as helping families to integrate physical activity into their weekly routines.