

Curriculum statement for the teaching and learning of Physical Education

At Inspire Academy Primary School, our curriculum is carefully planned, tailored, progressive and aspirational. It ensures learning that contextualises, addresses cultural deficit and gaps in knowledge and experience, and that ultimately equips our children for the next stage of education and for life beyond.

INTENT	At Inspire Academy, we aim to deliver high-quality teaching and learning opportunities that enables all children to achieve their personal best ensuring that our PE curriculum is progressive and allows children to develop fundamental skills that build year on year.		
	Using objectives from the National Curriculum for Physical Education, we have devised a high quality tailored programme which develops children’s knowledge, skills and competence to excel in a broad range of sports and physical activities.		
	We aim for all children to be physically active for sustained periods of time and be able to make informed decisions to lead healthy and active lives.		
	Swimming is an important life skill and we aspire for all children to leave primary school being able to swim at least 25 metres and know how to stay safe around open waters and what to do in an emergency situation.		
	We believe children should have the opportunity to broaden their physical education knowledge and understanding through cross-curricular links such as studying famous athletes and events in guided reading, the historical importance of sports through rituals, warfare and entertainment, calculating measures and investigating heart rates in science.		
Underpinned By	Fitness and health	Skills	Evaluating and Improving
	Inspire pupils will learn the importance of physical activity on their health and be taught to make healthy life choices which will lead to living a healthy and active life.	Inspire pupils will learn to apply and develop a range of skills to enable them to become successful games players, dancers, gymnasts and athletes. Their experiences will also be enriched through opportunities for outdoor and adventurous activities.	Inspire pupils will learn how to compare and comment on skills, techniques and ideas that they and others have used. They will be taught how to use their observations to improve their work and performances.

IMPLEMENTATION	<p>Broad and Balanced Curriculum</p> <p>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.</p> <p>Teachers use, and adapt, the GetSet4PE and the Inspire EYFS/KS1/KS2 Programme planning and resources to ensure lessons across years show progress.</p> <p>Cross curriculum links will be made to current topics, which will engage pupils and make their learning relevant.</p> <p>Children attend swimming lessons in Year 3 and Year 4.</p>	<p>Daily Physical Activity/Active Learning</p> <p>Break and Lunch time provision enables 100% of children to be active and engage in extracurricular activity on a daily basis</p> <p>Children have the opportunity to raise their heart-rate each day and participate in a number of physical activities e.g. running/jogging/skipping and team-based games during break and lunchtimes every day to help meet the government target of all children being active for at least 60 minutes a day</p>	<p>Leadership and Sports Ambassadors</p> <p>Use of sports leaders to lead the break and lunchtime provision helps raise the profile of sport and physical activity.</p> <p>Our Sports Ambassadors will be in Upper Key Stage 2 and become positive role models to the younger children supporting them on their sporting journey at Inspire.</p>
	<p>Competition</p> <p>Children are invited to attend competitive sporting events within school (Intra-Level) and the local area (Inter-Level). 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. Competitions are organised in partnership with local sports clubs, primary and high schools, colleges, community groups and leisure providers to enable us to deliver competitions for children of all abilities.</p> <p>Children will have the opportunity to beat their 'Personal Best' during their P.E. lessons when appropriate.</p>	<p>Extra-Curricular Activities</p> <p>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 which include competitive and non-competitive activities from tag-rugby to chess and dance classes.</p> <p>We provide all children with opportunities to participate in extra-curricular activities that are inclusive, enjoyable and increase children's physical activity</p> <p>Children participate in workshops covering a variety of sports throughout the year. For example, archery, skipping and hula-hooping, again providing the children with an opportunity to develop, improve their fitness and to try something new.</p>	

IMPACT	<p>We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a passion for sport, physical activity and staying healthy. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.</p>			
	<p>PUPIL VOICE</p> <p>Through discussion and feedback, children talk enthusiastically about their P.E. lessons and can confidently talk about why Physical Education is important. They enjoy their active lessons and break and lunchtimes and understand how this contributes to a healthy outlook.</p>	<p>EVIDENCE IN SKILLS</p> <p>Pupils can link skills, techniques and ideas and apply them accurately and appropriately.</p> <p>Pupils show good control in their movements.</p>	<p>EVIDENCE IN EVALUATING AND IMPROVING</p> <p>Pupils can compare and comment on skills, techniques and ideas that they and others have used.</p> <p>Pupils can use their observations to improve their work.</p>	<p>EVIDENCE IN HEALTH</p> <p>Pupils are fit and excited about their fitness. They can explain some important safety principles when preparing for exercise.</p> <p>Pupils can explain what effect exercise has on their body. Pupils can explain why exercise is important.</p>

