



## Physical Education Curriculum Statement



### Intent

Through the teaching of Physical Education at Ernesettle, and the extensive range of free sport clubs that we offer, we aim to develop the children's processes of collaboration, co-ordination, spatial awareness, physical skill, fitness and general wellbeing. The ultimate goal of which is to enable the children to make informed choices about physical activity throughout their lives and to promote physical positive attitudes towards hygiene, fitness and health.

We provide children with exposure to a variety of different sporting disciplines, including swimming, dance, gymnastics and a wide range of racket and invasion games. We intend to provide the children with opportunities to take part in competitive sport and games in annual and termly events inside and out of school and for them to compete with a sense of fair play and sportsmanship.

We believe that P.E. should give all of our children, regardless of ability, an enjoyable experience, which they will continue on into their adult lives.

### Implementation

Ernesettle Community School fully adheres to the aims of the National Curriculum for Physical Education to ensure 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 and lead healthy, active lives.

At Ernesettle Community School PE is timetabled once a week, but also integrated where possible into other curriculum areas.

Ernesettle Community School like to celebrate children's interests and achievements outside of school, by giving them the opportunity to take part in the Children's University. This keeps track of the number of hours a child completes in wider school activities, including the wide variety of sport related clubs ECS has to offer, for example: Yoga/Meditation, Outdoor Learning/Ten Tors and Multi-skills. These are all run by members of staff and outside agencies. Therefore, the children at ECS have a foundation for lifelong physical activity, leaving Primary School as physically active as they can.

The school have established teams who play in local competitions. Taking part in regional competitions, we pride ourselves on team spirit, especially when cheering on the teams on Sports Day. We also provide children with the opportunity to attend weekly Field Gun sessions, which are delivered through a specialist outside agency. We stole the show when we took part as a team on Armed Forces Day!

We participate in intensive swimming programmes through Plymouth City Council and Cornwall County Council pools, with children in Years 2 and 5. Taking part in swimming lessons through the year is free of charge to Parents/Carers.

PE is a vital part of the curriculum and promotes a healthy lifestyle for all of our children encouraging them to be alert and active. Going out into the community on a daily basis in term 6 for 'Walk a Mile' proves the dedication we have to promoting a healthy lifestyle here at Ernesettle Community School. Our children thoroughly enjoy all of the stimulating P.E. sessions that are delivered to them.

### **Impact**

Physical Education is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that if it is taught well and the children are allowed to succeed, then they will continue to have a physically active life through secondary school, into their adult life. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically demanding activities. At ECS, we provide opportunities for children to become physical confident in a way which supports their health and fitness. Opportunities to complete in sport build character and help to embed values such as fairness and respect.

**Physical Education in the Early Years:**

Physical Education starts as young as Birth, in the name of Physical Development in the Early Years Framework. This is where the child will focus on their balance and different ways of movement, i.e. running, skipping, jumping etc. As well as throwing, catching and kicking large balls and the lead up to being able to hold tools correctly. By the end of Reception, the aim is for children to show good co-ordination and control in both small and large movements, move confidently in a range of ways and handle equipment and tools effectively ready for the transition to Year One.

**The Curriculum Leader for Physical Education is:**



*Miss Gabriella Penney*