

Intent

At The Limes Primary Academy we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills.

These skills are embedded in the heart of our planning. Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure all pupils:

- 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
- Promote a healthy and active lifestyle
- Encourage physical activity and exercise
- Develop competence to excel in a broad range of physical activities
- Build self-esteem, confidence and resilience
- Provide all pupils with access to the lesson

Implementation

At The Limes Primary Academy, we have recently adopted Get Set 4 PE scheme (March, 2020) to teach our PE across the school. This scheme ensures that children are given a wealth of opportunities to develop their physical movement skills as well as achieving whole child objectives.

In Nursery children begin to develop the foundations of movement through accessing the Physical Development strand of development matters. This is taught discretely within the continuous provision throughout the day and through some focus activities. This continues into Reception. Reception begin formal PE sessions within the Spring term and use the Get Set 4 PE plans. They also continue to develop these skills within their continuous provision.

In KS1 and KS2 children have at least 2 hours of quality PE sessions a week following the prescribed Get Set 4 PE plans.

In a PE session you will see:

- Consistency in routines including a introduction and warm up, skill development and plenary
- Collaboration and opportunity for partner discussion
- Opportunities for children to work independently and together
- Opportunity for children to perform and feedback
- Subject specific vocabulary that builds on previous learning/year groups
- Progression in equipment used with year groups



THE LIMES
PRIMARY ACADEMY

PE



Impact

Our curriculum is designed so that children are taught a variety of activities throughout their key stage and there is a progression journey through all of these. Each area of PE also has a progression ladder which shows progression from EYFS to Year 6.

Children also deepen their understanding of PE, year on year, by being introduced to specific vocabulary which is also mapped on a vocabulary pyramid for each area.

Children have the opportunity to take part in extra-curricular activities and demonstrate their new skills in intra and inter sports competitions. All children also have the opportunity in the summer term to take part in a sports day.

Children will become confident within the different strands of PE and show resilience when tackling new skills.