

## **Physical education statement: Creeting St Mary Primary School – Intent, Implementation and Impact**

### **Intent**

Through the teaching of Physical Education at Creeting St Mary CEVAP, and the extensive range of clubs that we offer, we aim to develop the children's processes of collaboration, coordination, 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 positive attitudes towards hygiene, fitness and health.

We promote spiritual, moral, social and cultural development throughout PE experiences.

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**

Creeting St Mary CEVAP 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 Creeting St Mary CEVAP School PE is time tabled twice a week, but also integrated where possible into other curriculum areas. The school have established teams who play in local competitions. Taking part in competitions, we pride ourselves on team spirit, especially when cheering on the teams at Sports Day. We prepare teams through clubs for competitions and have reached several Suffolk finals. We participate in the Suffolk swimming programmes. Taking part in swimming lessons through the Spring term is free of charge to Parents/Carers. In year 5, pupils have an opportunity to take part in the National Bikeability cycle training programme, which is about gaining practical skills and understanding how to cycle safely on the roads. We hold termly enrichment days which allow the children the opportunity to develop skills in sports they wouldn't usually access such as Paralympic sports, lacrosse and archery.

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.

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 and 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 Creeting St Mary CEVAP we provide opportunities for children to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport build character and help to embed values such as fairness and respect.

## **Physical Education in the Early Years**

In Reception children will focus on their balance and different ways of moving i.e. running, skipping, jumping etc. They will also concentrate on throwing, catching and kicking large balls and being able to hold tools correctly. Physical education is taught in PE lessons but also in a range of classroom activities and through continuous provision both inside and outside the classroom. 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.