

# Lyngford Park Physical Education Curriculum Statement



## Intent:

At Lyngford Park we work in partnership with Inspired Schools and Somerset Activity & Sports Partnership to develop and promote high quality Physical Education within our school.

We believe that Physical Education is essential to everyday life. Children need to have access to physical activity everyday which can have a positive effects on our minds and bodies.

We aim to provide a high quality Physical Education so we can equip every child at Lyngford Park Primary School with the ability to understanding sporting skills of:

- Space
- Movement
- Control
- Balance
- Co-ordination
- Invasion
- Defence
- Weight
- Ensure pupils engage in a range of vehicles which skills can be acquired through such as:
  - Multi skills
  - Dance
  - Gymnastics
  - Invasion Games
  - Athletics
  - Outside Adventures
  - Being Fit and healthy
  - Swimming
- Help pupils to succeed in physically-demanding activities and provide opportunities for pupils to become physically confident in a way which supports their **health and fitness**
- Ensure opportunities are provided for all pupils to excel intra and interschool competitions
- Gain key British and school values of respect and fairness through sport using Lyngford Park communicating the curriculum document and particularly focusing on the **Communication Strand** and how children achieve the overarching statement: **'Participate in discussions and about performances they witness'**
- Understand the importance and impact of Physical Education on their **mental health and well-being throughout their whole life**
- Develop an understanding of the role exercise plays in contributing to **healthy lifestyle and life choices**.
- Understand the role sport has outside of the local community and **aspire to represent their school nationally/globally**
- Offer opportunities for pupils to **visit sporting arenas and watch live sport**
- Taught from EY to Year 6

## Implementation:

- PE is a foundation subject in the National Curriculum. Our school uses the objectives from the curriculum as the basis for the planning in weekly PE lessons, ensuring pupils have access to 2 hours of PE a week. PE is taught by individual class teachers and coaches who together take responsibility for planning, resourcing and delivering this area of the curriculum.
- In EYFS, we encourage the physical development of our children in the reception class as an integral part of their work. As the reception class is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.
- As the children move into Key stage 1 the learning from EYFS is connected to the development a greater understanding of fundamental movement skills, which include balance, agility and co-ordination. This enables them to develop physical skill and an understanding of the movements of their body, particularly in the use of space, time and energy. The effect of exercise on their body is also explored. These skills are explored through the themes of dance, games and gymnastics lessons. The children are also introduced and exposed to a range of sporting activities in which they will learn how to participate in games and are introduced to the concept of attacking and defending.
- The learning from Key Stage 1 is connected with Key Stage 2, where the children use their previous learning with more control and understanding in dance and gymnastics. They develop increased tactical thinking in games (teams, invasion, throwing and striking) and athletics, in which they apply and develop a broader range of skills and use these with increasing confidence, control, and technique.
- In addition, swimming and water safety is taught in Key Stage Two with the expectation that all children leave being able to confidently swim 25m.

## Impact:

Our curriculum is designed so that children are motivated to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, P.E is taught focusing on skills progression from EYFS to Year 6 where the children learn to take responsibility for their own health and fitness.

Children also deepen their understanding of PE, year on year, by being introduced to specific vocabulary for each area of P.E taught.

Children are encouraged and have the opportunity to take part in extra-curricular activities and to demonstrate their new skills in intra and inter sports competitions. All children during the summer term to take part in a sports week which is a celebration of sport and competition.

Children will become confident within the different strands of PE and show resilience when tackling new skills., many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.