



Physical Education at The Duke of Bedford Primary School

Intent

At The Duke of Bedford Primary School, we aim to provide a PE curriculum that develops the fundamental skills and knowledge for children to attain optimum physical and emotional health. We aim to provide opportunities for pupils to become physically competent to support their health and fitness and develop good habits for a lifelong participation in sport. We intend to offer a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities to compete in sport and other activities as this builds character and helps to embed values such as fairness, teamwork, sportsmanship and respect. Swimming is an important life skill and now with our own school pool, we aim for all children to leave primary school being able to swim at least 25m.

Implementation

Our PE curriculum is implemented through a range of well differentiated sporting activities that include invasion games, net and wall games, striking and fielding games, dance, gymnastics, outdoor and adventurous activities as well as swimming. Pupils participate in two high quality PE lessons each week and in addition to this, children are encouraged to participate in extra-curricular activities. Teachers use and adapt the PE Planning Scheme and Cambridgeshire Scheme of work for PE to ensure coverage and progression across the school. 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. As part of the EYFS statutory framework pupils are taught Physical Development, Moving and Handling and Health and Self-Care. Through key stage 1, pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Through key stage 2, pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Year 5 children are all trained as playground leaders and two children are chosen as Sports' Ambassadors for the school. They are great role models for others in raising the profile of PE in school. Additionally, on Sports Day the entire Year 6 class are used as Sport Leaders to assist in the effective running of the day. Our school is also active in local events. Through these competitions our children gain an understanding of the world of competitive sport and how best to work as effective team members. In Key Stage 2 all children swim for at least a period of one term.

Impact

We help motivate children to participate in a variety of sports and physical activities through high-quality teaching that is both engaging and fun for our learners. Our pupils are physically active and this has positive implications on their learning in the classroom. From these lessons, our children learn to take responsibility for their own health and fitness, and many of them also enjoy the success of competitive sports. We equip our children with the necessary skills to become effective participants in a wide range of sports and foster a love for sport. They will hopefully grow up to live happy and healthy lives by utilising the skills and knowledge that they have acquired through Physical Education. Children understand how to lead a healthy lifestyle and understand the importance of exercise. We hope children enjoy PE and develop a love of sport, and physical activity, that they pursue outside of school and in future life outside primary school. All pupils understand the values and importance of fair play and being a good sportsperson. Year 6 pupils leave school with the skills to self-rescue in the water and swim 25 metres competently.