**PE**

Intent:

At Holywell, we are ATHLETES. We want our children to love physical education and sport. We want them to have no limits to what their ambitions are and grow up wanting to be personal trainers, nutritionists, sports journalist, medal winners and enjoying sport and exercise.

We aim to ensure that every child has the opportunity to access 2 hours of PE per week, while covering all aspects of the PE national curriculum. We believe, through experiences and a broad, balanced and progressive curriculum tailored to all children, they will continue to have the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for their engagement in physical activity, sport and PE.

Our intention is to develop a lifelong love of physical activity, sport and PE for every child. We want all children to make good progress in their physical, social and mental development. This helps them maintain a positive physical and mental outlook for the future.

Our curriculum design is based on evidence from cognitive science – that learning is most effective with spaced repetition and that retrieval of previously learned content is frequently and regular to increase both storage and retrieval strength.

We want to equip our children with not only the minimum statutory requirements of the PE National Curriculum but to prepare them for the opportunities, responsibilities and experiences of later life.

Implementation:

Our PE specialist and teachers use the National Curriculum and the Ventrus Curriculum Approach as a basis for planning.

* Our use of a PE specialist teacher ensures that our children receive quality first provision in all year groups.
* All children have the access to an inclusive curriculum. Support is provided for SEND children in line with other subjects, meaning every child accesses consistent opportunities and input across the school.
* All lessons are planned using the Real PE Scheme. The lessons focus on improvement in performance, competition and social and mental development.
* A progression of skills is used with each year group, which enables pupils to build on and PE Curriculum Statement develop their skills each year for each area.
* All teachers have an active role in promoting the profile of physical activity, sport and PE.
* Our lunchtimes are an important time for children to engage in physical activity and for all children to access to opportunity to engage in physical activity each day.
* All children have access to a variety of extracurricular activities such as after school clubs every day and tournaments.
* Children have the opportunity to participate in a wide range of competitions ranging from running to gymnastics. Our participation and success in sporting events raise the profile of PE further and creates even more enjoyment of physical activity. This links in with our intent of allowing all our children to be physically active for life and understand the benefits of this.
* Children in Year 6 participate in a swimming curriculum for 8 weeks a year. This is essential in teaching them this important life skill as well as life saving techniques.
* Children in Year 3 to 6 are invited to attend a residential trip where they will undertake various outdoor activities such as climbing, canoeing, surfing and coasteering.
* In order to support children in their ability to ‘know more and remember more’ there are regular opportunities to review the learning taken place in previous topics as well as previous lessons.

**EYFS**

The Early Years Foundation Stage Curriculum and carefully planned provision are designed to support children’s physical development. We offer daily playful opportunities for children to engage in physical activity both in and outdoors.

Our children have access to free flow play for sustained periods of time and are encouraged to use our large outdoor environment including Wild Tribe, play equipment and large sandpit. We access this environment all year round and in all weather conditions to support the development of gross and fine motor control, balance, coordination, confidence and problem solving skills.

We explore relaxation techniques and share a range of healthy snacks to develop our understanding of the importance of a balanced and healthy lifestyle.

Impact:

The impact of this curriculum design will lead to outstanding progress in their performance, competition and social and mental development.

Children will therefore be expected to leave school as a well rounded individual physically, socially and mentally and will have reached at least their expected level in PE.

We hope the children will understand the importance of physical activity, sport and PE and motivate children to become confident, resilient and disciplined, so that they become independent and take responsibility for their health and fitness throughout their life.

We ensure that children who are achieving well, as well as those who need additional support, are identified, and additional provision and strategies are planned in and discussed with class teachers.

Ongoing assessments take place throughout the year. Teachers use this information to inform future lessons; ensuring children are supported and challenged appropriately.

We work to improve staff knowledge and confidence, leading to a stronger profile in PE and raised pupil achievement.