



PE Intent

Implementation and Impact

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Intent

In parts of our locality in Norris Green, data shows that there are significant health problems associated with lifestyles/life choices. Therefore, our work to promote a love of sport and healthy lifestyles is crucial.

To enable our intent to actively encourage healthy lifestyles and well-being we will:

- Teach the National Curriculum in PE.
- Enable children to develop fundamental movement skills with control and co-ordination.
- Teach children to recognise and describe how their bodies feel after exercise.
- Encourage enjoyment of PE through creative and challenging lessons.

- Teach children how to evaluate their own and other successes including through competition outcomes.

Implementation

- At Monksdown, we ensure each child has their PE entitlement of 2 hours per week by teaching a variety of outdoor and indoor PE sessions throughout the year
- Nursery to Year 6, follow the 'Lancashire Professional Development Service' and the Lancashire Curriculum adapted 'PE Passport App' to support the delivery of the National Curriculum. The scheme focuses on the Fundamental Movement Skills (FMS) of agility, balance and coordination, inclusive competition and broader essential holistic skills.
- Swimming lessons are provided within National Curriculum and Local Authority guidelines to specific year groups. These are provided off site and aim to encourage every participant to be competent swimmers.
- The facility to participate in the 'Daily Mile' is provided at least 3 times a week on average for our children.
- EYFS outdoor learning includes the use of permanent Physical development equipment.
- Children at Monksdown are encouraged to participate in outdoor activities as part of our yearly residential visits.
- All children take part in Sports Day.
- Monksdown offers a comprehensive range of extra-curricular activities, plus organized competitions.

Impact

Children will leave Monksdown equipped with the skills and character values: Respect, Resourcefulness, Resilience and Responsibility, that are implemented across the curriculum. Children will leave Monksdown having had the opportunities to become physically literate and confident in a way which supports their health and fitness as they move towards making their own choices as young adults and will have a long-lasting impact upon the way they apply themselves within physical exercise and the wider aspects of life.

Safe Practice

All staff work to the accepted codes of practice in PE (ALPE). Risk assessments are in place for PE carried out in the hall and outside on the playground. Children must wear their hair tied back and remove all jewellery for PE. They wear trainers for outdoor PE and pumps for indoors. Because the hall is a multi-use area, bare feet are not permitted. Children who forget their kit should use lost property. There are qualified first aiders in school who are known to staff. Each teacher also keeps a record of children in their class with medical conditions which may affect their ability to participate.

Equal Opportunities and Inclusion

We teach PE to all children, whatever their ability race, gender or background to ensure children at our school receive a broad and balanced curriculum. Activities are

differentiated accordingly to enable every child to access the lesson and be appropriately challenged. Where children have specific disabilities or health conditions, the school ensures that they can take an active part in PE by modifying activities, equipment and/or providing adult support at necessary.