



Physical Education

Intent, Implementation, Impact Statement

	Key Points
Our Intent	<p>Griffe Field Primary school believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities, using the national curriculum, that inspire all children (including SEND and disadvantaged children) to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equality of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Griffe Field Primary, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.</p>
Our Implementation	<p>PE at Griffe Field Primary School provides challenging and enjoyable learning through a range of sporting activities including; fundamental and ball skills, invasion games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.</p> <p>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.</p> <p>Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities. Lunch time sport activities are available each day and children can attend after/before school sport clubs 4 days per week.</p> <p>Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.</p> <p>Children in Year 3 and 4 swim once a week from summer 2 in year 3 until summer 1 in year 4. They attend weekly swimming lessons teaching them how to swim, how to become stronger swimmers and water safety. Each half term we run 'Get Griffe Fit' this is an extra daily fitness challenge completed outside of PE time. The challenges are: skipping, mile run, hula hooping, yoga.</p>
The Impact	<p>We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, 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. We link our physical health with our mental health and use this to encourage growth mind sets and well-being.</p> <ul style="list-style-type: none"> • Children will achieve age related expectations in PE. • Children will enjoy sport and will seek additional extra-curricular activities both school and external to school related. • Participation levels in PE will be 100%. • Children will show a good understanding of healthy eating and leading healthy lifestyles. • Children will use fitness and sports to improve their physical and mental health throughout their lives.