

## Physical Education (PE)

### **Intent: what are we trying to achieve?**

At Anns Grove, we have developed a PE curriculum that is rigorous, challenging and engaging. We aim for all pupils to develop a high level of physical literacy and a love of participating in sports and other forms of exercise while maintaining a good level of physical and mental health. Our curriculum is sequenced so that pupils are able to revisit their previous learning and build upon this through the acquisition of new skills and knowledge. It is tailored to meet the needs of all pupils so that those who require extra support receive it, and those who excel are challenged to push themselves. We also aim to instil a host of positive sporting attitudes in our pupils: a positive attitude towards winning and losing, an appreciation and respect for their peers' abilities, the desire to support and help others and a commitment to giving their best effort. Ultimately, we want our pupils to be prepared for the next stage of their education and have a life-long love of sport and exercise.

### **Implementation: how are PE lessons being delivered?**

Pupils at Anns Grove receive a minimum of two hours high-quality PE a week, half of which is taught by a PE specialist. To help support teachers, we have invested in a professional scheme of work from [peplanning.org.uk](http://peplanning.org.uk) which corresponds to the requirements of the National Curriculum. These lessons progress from EYFS to Year 6, with key areas being revisited each year. This means pupils can revisit key knowledge and skills, better retain them and then build on them. Lessons are made accessible to all pupils, regardless of their ability, through the provision of supported activities or additional challenges. They are engaging and fast-paced meaning that children are kept busy and active. In addition to their weekly lessons, pupils take part in a range of other physical activities: at breaktimes, adults supervise a range of activities and games, each pupil takes part in a yearly sports day, there are a host of after school clubs pupils can sign up for, the children in Year 6 take part in Bikeability workshops, and we have a number of sports teams which participate in competitions locally.

### **Impact: what difference is PE making?**

PE is a very popular subject at Anns Grove. Pupils enjoy learning a range of sports and retain the skills and knowledge that they are taught. In addition to this, they understand how to compete and work with their peers in a sporting environment. This is supported by the excellent behaviour that is present in lessons, competitions and activities at breaktimes. Pupils have a thorough understanding of the importance of exercise as part of a healthy lifestyle and also know how to stay safe during physical activity. After school clubs are immensely popular and are currently oversubscribed. Those pupils who play for sports teams act as excellent ambassadors for the school and take pride in doing so. Pupils are consistently prepared for the next stage of their sporting education and leave Anns Grove ready for PE at Key Stage 3.