

PE Curriculum Rationale

Through the teaching of PE, we strive to create active learners who have a lifelong love of being active. We have a curriculum that is accessible to all and develops fundamental skills to build the foundation for lifelong active individuals. We create challenging and motivating PE lessons that teach transferable life skills such as resilience, cooperation, fairness and respect.

The new National curriculum for Physical Education states:

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.

Our essential learning objectives for Physical Education at Belvedere Infant and Junior schools are to enable children:

- To experience and enjoy a wide range of experiences within physical education and sport.
- To develop enthusiasm, positive attitudes and practical skills in order to participate, compete and lead a healthy, active lifestyle.

During our physical education lessons children will follow personal learning journeys based on a FUNDamental skills, and multi-ability approach to teaching and learning. This curriculum equips children with the essential abilities to maximize potential, and enjoy long-term participation in physical activity and sport. Teaching and learning focuses on three main building blocks for every sporting action, these are known as 'FUNDamental' skills: Agility, Balance and Coordination.

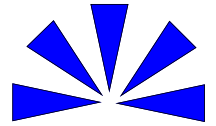
The curriculum encourages creativity, collaboration and self-challenge, through six themed units per year, known as 'multi-abilities' which include: personal skills, social skills, cognitive skills, creative skills, physical skills and health related fitness.

Swimming:

- Year 5 have swimming lessons for 12 weeks. These will focus on teaching children to:
- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- Perform safe self-rescue in different water-based situations.

PE Sports Premium:

Thanks to PE Sports Premium funding we are able to offer a large number and wide variety of after school clubs across both key stages. Clubs are run by Belvedere Infant and Junior staff and outside providers. We have used some of our Sports Premium money to invest in specialist coaches that work across year group. These sessions are designed to boost the children's confidence and enjoyment of PE, and work alongside the teachers in order to up skill their knowledge and give them further ideas of activities they can continue to use.



Summary of intended impact

The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.

- Give all children the opportunity to develop their fundamental movement skills, gross motor skills and fine motor skills from a young age that will allow them to lead a lifelong active lifestyle.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- Increase levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- A keen interest in PE. A willingness to participate eagerly in every lesson across all year groups, highly positive attitudes and excitement to apply the skills learnt into a sport specific setting.
- To use sport as a platform to develop team work and allow children the opportunity to interact socially to achieve a shared goal.
- To provide children the ability to transfer all of the skills they will learn throughout their time spent in physical education to specific sports settings outside of school. Building a keen interest in sports outside of a school setting.