

## Physical Education at Kirkdale St Lawrence

### Intent

Physical Education at Kirkdale St Lawrence develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical Education involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. We empower the children to make informed choices about physical activity throughout their lives. The objectives of teaching PE in our school are:

- To promote an enjoyment of physical activity and a healthy lifestyle
- To promote positive attitudes to health and fitness.
- To develop children's enjoyment of physical activity through creativity and imagination.
- To increase children's ability to use what they have learnt to improve the quality and control of their performance.
- To acquire and develop skills and perform with increasing physical competence in a range of physical activities.
- To develop a knowledge safety factors and an appreciation of safe practice.
- To encourage children to work and play with others in a range of group situations.
- To understand what it takes to persevere, succeed and acknowledge other's successes.

### Implementation

We use a variety of teaching and learning styles in PE lessons and our principal aim is to develop the children's knowledge, skills and understanding. We do this through a mixture of whole class, small group and individual teaching activities. Teachers and Sports Coaches draw attention to good examples of individual performance and recognise achievement in at all levels of ability. Within lessons a healthy form of competition is encouraged where appropriate.

PE is delivered during the week by Teachers and a specialist sports Coach. In KSI pupils master basic movements; running, jumping, throwing and catching, participate in team games attacking and defending and perform dances. In KS2 pupils develop movements such as jumping, throwing and catching in isolation and in game situations. The children play competitive games; attacking / defending; they develop flexibility, strength, technique, control and balance – athletics / gymnastics and perform dances. In Year 4, 5 and 6 children go swimming each week for a term. Children in Year 5 and Year 6 complete a residential visit and throughout the year they participate in outdoor adventurous activities. LSSP are also part of the school community to promote and support physical activity during lunchtimes and after school clubs. Children take part in extra activities from LSSP such as Skoot School, Power Health and Balancability.

### Impact

Children will also gain the social skills needed to work as a team and will be able to self-critique their own performance using the correct vocabulary. Children will have a mentally and physically healthy lifestyle whilst being taught a range of skills across the curriculum to reach age-related expectations. Children will experience a range of sports through their PE lessons, developing confidence to compete against their peers, discussing the emotions related to winning or losing and how to behave in each situation. Each year group experience a variety of sports through extracurricular activities after school.