



One Page Summary 2022-2023: Physical Education



Subject Intent

A high quality physical education curriculum inspires all pupils to succeed and excel in competitive and non-competitive sport. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sporting events outside of school and other activities build character and help to embed values such as honesty and respect. At Northlands Primary School and Nursery, our aim is to ensure all children enjoy and are engaged in Physical Education and Sport. Through Physical Education we aim to develop the children's knowledge, skills and understanding of all sports so that they can perform with increasing confidence and competence in a range of physical activities. We aim to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential. We aim to ensure that the children's experience of Physical Education is positive and motivating and that children's attitudes to a healthy lifestyle are firmly embedded in our curriculum.

Subject Implementation:

Each child receives 2 hours of curriculum time PE on a weekly basis which is carefully planned and mapped out to ensure a broad and full range of skills and activities. These sessions are either delivered by Mr Mitchell or Mr Ashley. Pupils in Early Years learn key skills that will help them develop Locomotor movements, fine motor skills and help improve balance and coordination, KS1 are given ample opportunities to develop their fundamental movement skills and extend their agility, balance and coordination also. They engage in competitive and cooperative physical activities through sending/receiving, games and gymnastics. In KS2, pupils continue to apply and develop a broader range of skills such as running, jumping, throwing and catching. These skills are incorporated into competitive games and evaluations of their own and others' work. Pupils communicate and collaborate with each other and develop an understanding of how to improve in physical activities. There are many opportunities across the year for children to take part in inter and intra school competitions with a wide range of these that taking part outside of school in the Basildon district, where children's successes in sports are celebrated win, lose or draw. Children in Year 4 attend swimming lessons at the local swimming pool where they are taught to swim competently, confidently and proficiently over a distance of 25m using a range of strokes. In addition to PE in curriculum time, we also strive to provide opportunities for children to access extracurricular physical activity through a wide range of sporting and active clubs after school such as: Football, Basketball, Dodgeball, Netball, Athletics and many others depending on the time of year. In year 6 we also give students the chance to be a Sports captain which is a key role in helping in sporting events around the school and also come up with new ideas to make the PE department stronger.

Subject Impact

All children at Northlands Primary School and Nursery receive a broad and balanced PE curriculum regardless of year group or ability. Every child accesses all of the key areas of the subject on offer at our school. Teachers plan PE with clear progression of skills and knowledge that we have devised as part of our curriculum offer to ensure that all children access it at an age appropriate level. Competitions ensure all of our children have the opportunity to take part in a range of sports both in and outside of school whether that be at a competitive or non-competitive level.