



PE Curriculum Statement – Intent, Implementation & Impact

INTENT

Upshire Primary School believes that physical education is essential to all pupils to ensure the best possible physical development and good health. We deliver high quality teaching and learning opportunities that inspire children to succeed and develop life skills. The teaching staff at Upshire offer pupils the chance to collaborate and cooperate with others while working as an effective team and giving opportunities to understand fairness.

The curriculum we follow aims to improve emotional wellbeing and fitness of all pupils. We want them to develop basic physical skills, build confidence in their abilities and encourage a love of sports related activities.

At Upshire Primary School, we aim to develop competence in a broad range of physical activities. This will be achieved through:

- Being physically active for sustained periods of time.
- Engage in competitive sports.
- Promote and lead a healthy and active lifestyle.
- Provide all pupils with access to the lessons.
- Build self-esteem, confidence, and resilience in all pupils.

IMPLEMENTATION

At Upshire Primary School, we have adopted the Twinkl scheme for our PE lessons. This scheme ensures pupils are given many opportunities to develop physical movement.

Reception pupils begin with accessing physical development discretely within the continuous provision throughout the day, before transitioning onto formal lessons in the second half of the Autumn term, using the Twinkl plans.

Key Stage one and two pupils receive 2 hours of high-quality PE lessons each week. PE lessons consist of an introduction and warm up, progression of skills and a plenary. Pupils have the opportunity to work independently, together; performing and feeding back to each other. They will build on previous learning through subject specific vocabulary and use of equipment. The school also offers a range of extra-curricular activities including multi-skills, netball, football, rounders, etc.

A small group of upper key stage two children are invited to become Sports Leaders within the school. These children are encouraged to become sporting role models to the younger pupils by helping with extra-curricular activities and using their initiative to lead playtime activities. The school are proud to be a part of the Daily Mile as this helps pupils to hit the target of being active for at least 60 minutes a day.

IMPACT

The curriculum we offer is designed to teach pupils a variety of activities through each key stage and to ensure there is progression through each area. Each year, children deepen their understanding by being introduced to specific vocabulary. Pupils learn to take responsibility for their own health, wellbeing, and fitness. They have the opportunity to take part in extra-curricular activities that are showcased through various competitions.

At Upshire Primary School, we provide the pupils with the necessary skills to live healthy, happy lives with a love of sport.