



# PE

## at Mill Dam



### Intent

At Mill Dam we want all our pupils to explicitly learn the ways in which you prepare for safe and effective participation in different physical activities and to be taught a diverse range of activities that physically move the body and hence incorporate exercise and team playing. Pupils will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations to become confident and competent within the statutory requirements. The intent of our PE curriculum is to deliver a curriculum which is accessible to all and that will maximise the development of every child's ability and achievement in the area of PE; enabling them to know more about physical activity, keeping healthy, remember more about the physical activity they participate in and learn about and understand how to use and apply this knowledge. This will impact upon their own physical activity, participation and healthy lifestyle.

### Implementation

PE lessons take place throughout school, each class completing PE sessions every week. We plan using the National Curriculum and Get Set 4 PE scheme of work. Teachers use the long-term planning to plan units of work and deliver individual lessons. In Early Years children learn the skills to be able to negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping and dancing. In KS1 children master basic movements, participate in team games and perform dances. From Year 3 upwards children further develop their movements, play a wider range of competitive games, develop flexibility, strength, technique, control and balance, perform dances using a range of movement patterns and take part in outdoor and adventurous activities. Children in year 5 attend swimming lessons throughout the whole year.

### Impact

Pupil voice and subject leader monitoring enables us to measure the impact of our PE curriculum. Ensuring that the children will meet their age-appropriate skills in Physical Education and be able to transfer these skills into other sports and everyday activities. These are reviewed annually as part of our PE and Sports premium.

### Cross curricular and extra-curricular links.

- Community involvement: Trust wide sporting events, junior park run, links with Ackworth Quaker School providing access to a range of additional coaching such as table tennis, tennis, cricket and, outdoor and adventurous activities across time.
- Equality: ensuring that all children have equal access to all PE activities and providing additional support where needed..
- Extra-curricular links: sports clubs- football, netball

