

PE at Valley Road School

Intent

At Valley Road we want our children to love physical education and sport. We want them to find pleasure in sport and to enjoy it for the rest of their lives. We wish for them to have the opportunity to experience a wide range of sports and physical activities in the aim for them to find one which will stimulate their interest to become involved. We believe that through fitness and activity come personal happiness and friendships. Competition done the right way is an important part of teaching people respect and motivation.

At Valley Road Primary School, we aim to ensure that every child has the opportunity to access at least 60 minutes of physical activity a day, while covering all aspects of PE national curriculum. This includes break and lunchtimes where there are balls, hoops and skipping ropes available to each class to use. There is also an adventure playground. The school uses the field in almost all kinds of weather.

We believe, through experiences and a broad, balanced and progressive curriculum tailored to all children, they will continue to have the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for their engagement in physical activity, sport and PE.

Our intention is to develop a lifelong love of physical activity, sport and PE for every child at Valley Road. We help all children to make rapid progress in their physical, social and mental development. This helps them maintain a positive physical and mental outlook for the future.

PE Implementation

- Children at Valley Road undertake weekly PE sessions, taught by both class teachers and PE specialists from outside organisations.
- Our EYFS staff support the children's physical development, focusing on improving core strength and fine and gross motor skills.
- All children have the access to an inclusive curriculum. Support is provided for SEND children in line with other subjects and differentiated accordingly.
- All lessons focus on improvement in performance, competition and social and mental development. Most lessons have a similar structure, starting with a warm up, while making sure the children understand the importance of a warm up then a skill related activity. Using games as an example, this would be followed by a small-sided game so the children can apply their skills and knowledge and finally finish with a cool down, while making sure the children also understand the importance of a cool down.
- A progression of skills is used with each year group, which enables pupils to build on and develop their skills each year for each area.
- All teachers have an active role in promoting the profile of physical activity, sport and PE.
- All children at Valley Road have access to a variety of extracurricular activities such as after school clubs every day and tournaments.

- Children have the opportunity to participate in a wide range of competitions ranging from rugby to hockey. Our participation and success in sporting events raise the profile of PE further and creates even more enjoyment of physical activity. This links in with our intent of allowing all our children to be physically active for life and understand the benefits of this.
- Children in Year 3 – 6 participate in a swimming curriculum for around 10 weeks a year. This is essential in teaching them this important life skill as well as life saving techniques. We go to the local sports centre a ten-minute walk away. We hire our own coaches to ensure all pupils gain the best quality of coaching in this important skill.
- Children in Year's 4 and 6 are invited to attend a residential trip where they will undertake various outdoor activities such as climbing, canoeing, abseiling, and cycling.

EYFS

Physical development is one of the seven areas of the early years foundation stage and is used to develop a child's movement, handling of objects, understanding of their own body and health and levels of self-care. The Early Years Foundation Stage Curriculum and carefully planned provision are designed to support children's physical development. We offer daily playful opportunities for children to engage in physical activity both in and outdoors. Our children have access to free flow play for sustained periods of time and are encouraged to use our large outdoor environment including our field and large sandpit. We access this environment all year round and in all weather conditions to support the development of gross and fine motor control, balance, coordination, confidence and problem-solving skills. We share a range of healthy snacks to develop our understanding of the importance of a balanced and healthy lifestyle.

PE Impact

The impact of this curriculum design will lead to outstanding progress in their performance, competition and social and mental development. Children will therefore be expected to leave Valley Road a well-rounded individual physically, socially and mentally and will have reached at least their expected level in PE. We hope the children to understand the importance of physical activity, sport and PE and motivate children to become confident, resilient and disciplined, so that they become independent and take responsibility for their health and fitness throughout their life.