

Physical Education (PE)

Subject Policy



Our School Vision

Our vision is that all children at East Markham Primary School will be happy, successful learners who believe in themselves and achieve their full potential. With this always in mind, our school motto is **'Believe, Achieve, Succeed'**.

Intent

At East Markham Primary School, our intent when teaching Physical Education (PE) is to promote physical, mental, emotional development and good health. We aim to do this by delivering high-quality teaching that ensures children develop necessary life skills and sporting skills, such as coordination, agility, throwing and catching and key fitness goals. Alongside this, we will also ensure that children learn necessary skills to keep themselves safe in life, for example drowning prevention sessions and swimming lessons in year 4 and 5. Through PE and competitive sport at East Markham, children learn how to cooperate and collaborate with others as part of a team, understand fairness and the importance of competition. This helps build confidence to express themselves and provides the resilience to keep going. We aim to ensure that all children at East Markham have access to all PE lessons through appropriate resources, equipment, differentiation and staffing.

Implementation

At East Markham Primary School we implement a high-quality PE curriculum, based around the government national curriculum. This is carefully sequenced and ensures progressive learning between year groups, including knowledge around how to safely participate in PE. All children in KS1 and KS2 take part in two hours of high-quality PE lessons every week, with opportunities for both independent and collaborative work. PE must be taught in a practical way, ensuring children are remaining active and moving throughout their lessons. PE is an ambitious subject and challenges children to attempt new skills, games and sports, including some they may have never heard of or played before. At East Markham, PE provides exciting opportunities for learning by using vital resources, equipment and our large outdoor and indoor facilities. These are continuously monitored to ensure children are getting the best out of their PE lessons

Children are lucky to be able to access a range of inclusive extra-curricular sports clubs run during and after school. All clubs have been carefully chosen after researching and considering the sports that children are most excited about and want to learn more about. Clubs change throughout the year, depending on the sporting season and the children's interests at that time. Clubs at East Markham are taught by teachers in the school who are well-trained, confident or experts in those areas. This is alongside two afterschool clubs per week run by Worksop Town Academy, whom provide opportunities to all age ranges to take part in sports that they may have never had the opportunity to play, further broadening our children's knowledge and skills. As a result of this and our broad PE curriculum, we have set up many East Markham sports teams, including girls' and boys' football and netball teams, where the children have learnt to work collaboratively and how to respond in competitive situations. This has also challenged greater depth children to explore their skills and talents further and in a competitive situation.

Children have the chance to experience a wide range of PE opportunities, as they often participate in a variety of sporting competitions and festivals throughout the year, ranging from Year 1 to Year 6. These

take place within school and beyond, often being hosted by larger secondary or primary schools, allowing the children to work alongside or play against other local schools.

We ensure we have inspirational visitors from a diverse range of sporting successes visit and speak to our children, as well as run workshops to try and inspire them, this allows them to aim high in life and promotes our school's values of resilience and courage. Children's sporting successes are shared in assembly and our school social media, providing children with confidence and empathy for others when it may not always go to plan. This overall, allows our children to embody many of our five school values.

Impact

PE has an enormous positive impact on both the physical and mental health of children. Children at East Markham love PE and their passion for this allows them to lead active lifestyles both inside and outside of school. PE lessons and extra-curricular clubs ensures children learn how to successfully work well in a team and promotes empathy amongst peers. It also allows children to comfortably share their skills and talents within teams and clubs. Therefore, hoping children have a positive self-image and believe in themselves that they can achieve their full potential to succeed in their chosen sports. PE gives children the opportunity to represent their school in different settings and gain experiences within the community. It develops their cultural capital when visiting other schools and working against and alongside other schools and teams. In order to continuously monitor PE at East Markham, we will ensure that children can demonstrate the relevant skills and are able to easily communicate about the importance of health and fitness.