

Here at Stockton Wood Primary School, we believe that regular participation in sport and physical activity develops character, creates a sense of belonging, and supports building personal resilience.

### **Curriculum Intent**

The intention of the Physical Education curriculum is for pupils to build on, develop and enjoy the fundamental skills that are taught across EYFS, KS1 and KS2. Through a range of physical and well-being activities, we aim to

- promote the subject of PE as an enjoyable, rewarding and challenging subject.
- develop resilience, confidence and independence
- promote physical health and teamwork
- engage in a range of competitive sports and activities for all different abilities
- support pupils with their swimming skills, aspiring for all pupils to leave primary school being able to swim at least 25 metres
- create a supportive environment where children feel comfortable when trying new things and taking risks

### **Curriculum Implementation**

At Stockton Wood Primary School, we use the Get Set 4 PE online resource. Get Set 4 PE is designed to inspire and engage pupils and staff. It is simple and easy to use, giving teachers the subject knowledge, confidence and support needed to deliver high-quality PE lessons. PE becomes fun and interactive and includes lots of praise and positive reinforcement. Activities reinforce skills and keeps things exciting.

Opportunities are built into the curriculum to ensure that children have a chance to exercise and keep fit. PE lessons are taught weekly and the importance of leading a healthy lifestyle is also covered in other curriculum areas such as Science and PSHE. Children will have the opportunity to engage in outdoor activities on a residential trip.

Our children experience a wide range of sporting competitions with other local schools. Competitions are planned and designed to accommodate children of all different abilities and are classified in three different ways: Celebrate, Inspire and Aspire.

All children in Y5 access weekly swimming lessons at our local pool. Lessons are organised and structured to include warm-ups and different activities. Skills are taught one component at a time and new skills are reinforced once learned. There will be a focus on water safety, including different water environments.

### **Curriculum Impact**

PE activities involve facing challenges and overcoming obstacles, which will help pupils develop resilience and learn to cope with failure and success. PE activities will help pupils to feel a sense of accomplishment and pride in their physical abilities and knowledge, which can translate into greater confidence in other areas of their lives. PE will help pupils improve their independence through

participation in individual team games and working collaboratively. Children will develop teamwork and leadership skills and understand the importance of fairness within competition.

PE helps children develop bone strength, flexibility, muscular strength, and cardiovascular health. It will also help children develop motor skills, coordination, and agility. PE will promote physical, mental, and emotional well-being. In today's fast-paced world, where mental health issues among children are on the rise, we understand the importance of making PE fun and accessible to all. PE has a positive effect on mental health and cognitive abilities. The endorphins released when exercising help combat mental health issues, including depression and anxiety. PE will help our children to connect, communicate and trust one another through engagement in teamwork activities.

Children will be equipped with essential water safety skills. Learning to swim will open a world of opportunity for our pupils and can ignite a lifelong passion for swimming and water activities. Swimming will enable our pupils to increase their stamina and to improve essential skills such as balance, posture, coordination and concentration.