

## Why we teach Physical Education at Coton Green Primary School

### Intent:

At Coton Green Primary School, Physical Education is taught so that children have the opportunity to develop the tools and understanding required to make a positive impact on their own physical health and well-being. Giving children the opportunity to experience of a wide variety of sports and physical skills enables and enhances life-long fitness and life choices.

Through delivery of high-quality P.E. lessons, children are taught skills to keep them safe, such as learning to swim, and skills of collaboration, such as how to co-operate and collaborate with others as part of an effective team, understanding fairness and equity of play. The teaching of P.E. also provides valuable opportunities to teach children life skills such as how to cope with both success and failure in competitive, individual and team- based physical activities. Children's personal and spiritual identity is also explored through dance.

### Implementation:

Physical Education is taught for the most part by a Sports Coach and sometimes by class teachers. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised.

Children are encouraged to participate in exercise throughout the day during P.E. lessons, clubs, outdoor learning, lunch provision and special events. At Coton Green, the P.E. curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Through our provision, children can aim to flourish at sports in which they have a particular interest or flair for. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation. We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, co-ordination and fitness. Children take part in individual skills, group skills and team games, using P.E. equipment appropriate for their age. During Year 4 and Year 5, children have a series of structured swimming sessions.

### Impact:

- The ability to acquire new knowledge and skills and develop an in-depth understanding of P.E.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders (Key Stage 2), organising and officiating, evaluating and motivating an excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in P.E. – a willingness to participate eagerly in every lesson, highly-positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

*Mr. A. Parker / Miss C. Wesley*

P.E. Subject Leaders