

PE

Intent

We want our children to love physical education and sport. At Thistly Meadow, we seek to provide positive experiences in P.E, which will develop an enthusiasm in the children which will see them inspired and involved in sport for many years to come. We want them to have no limits to what their ambitions are and grow up seeing the importance of sport and healthy lifestyles as well as wanting to be sport journalists or even potential gold medal winners.

We aim to ensure that every child has the opportunity to access at least 60 minutes of physical activity a day, whilst covering all aspects of the PE national curriculum. We believe, through experiences and a broad, balanced and progressive curriculum tailored to all children, that 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 all children. Our aim is to help every child to make good progress in their physical, social and mental development. This helps them to maintain a positive physical and mental outlook for the future.

PE implementation

- Children attend at least two weekly PE sessions. Our school PE specialists ensure that our children receive quality first teaching in all year groups from EYFS to Year 6
- Our PE specialists work regularly within EYFS to support children's physical development, focusing on improving core strength and fine and gross motor skills
- We offer a wide variety of individual and team activities in our curriculum: athletics, basketball, bench ball, dodge ball, cricket, cross country, dance, football, gymnastics, hockey, netball, badminton, rounders, rugby, swimming, table tennis and tennis.
- All children have access to an inclusive curriculum – Real PE. Support is provided to SEND children in line with all other curriculum areas, which means every child has access to opportunities and input across the school
- We pride ourselves on giving the children a variety of extracurricular activities throughout their time at Thistly Meadow, including: football, girls football, basketball, netball, cross country, dance, gymnastics, athletics, fitness, dodgeball, rounders and tennis. We offer these as before and after school clubs and aim to get as many children involved with these as possible.
- All lessons focus on improvement in performance, competition and social and mental development.

- A progression of skills is used with each year group, which enables pupils to build on and develop their skills each year.
- We provide many opportunities for as many children as possible to enjoy the thrill and excitement of competition and to represent their school with pride; which we fulfil by entering a number of teams when competition rules allow us to do so. With each competition, we select a variety of children and aim get as many children representing the school as possible.
- Children have the opportunity to participate in a wide range of competitions and we have achieved outstanding results in many of these including: hockey, basketball, football and cross country.
- Children are encouraged to be leaders in sport, we currently have some Year 6 Sports Leaders who help to run activities at lunchtimes as well as supporting our PE specialist at before and after school clubs.
- Children in Years 3-6 participate in a swimming curriculum which is essential in teaching them this important life skill as well as life saving techniques.
- Children in Years 2,4 and 6 attend residential trips where they undertake various outdoor activities such as climbing, canoeing and bouldering. Our aim is to further develop our outdoor, adventurous activities in other year groups.

EYFS

The Early Years Foundation Curriculum is designed to support children's physical development. We offer daily play 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 outdoor equipment, the woodlands and mud kitchen. We access this environment all year round and in all weathers to support the development of gross and fine motor skills, balance and coordination.

At school, children have twice daily 30-minute outdoor learning slots in which a range of physical activities are on offer - bikes, trikes, balance beams, trim trails, climbing frames, large balls, bats/balls and hoops. We take part in topic themed yoga each half term as well as completing work around being healthy (including sleep, food, drink, hygiene, exercise and relax routines). We also share a range of healthy snacks to develop our understanding of the importance of a balanced and healthy lifestyle.

PE Impact

The impact of our curriculum design will lead to good progress in their performance competition and social and mental development. We hope our PE curriculum will allow the children to have good determination, passion, respect, honesty, self-belief and team work skills which are all essential aspects in their future lives. Children are expected to leave the school as well rounded individuals physically, socially and mentally and will have reached their expected level in PE, if not beyond this. We hope the children understand the importance of physical activity, sport and PE and that we motivate children to become confident, resilient and disciplined so that they become independent and take responsibility for their health and fitness throughout their life.