



# Sprowston Junior School Our Curriculum



Subject: PE

<u>Date policy was updated:</u> September 2020	<u>Monitored by:</u> Alex Ingham	<u>Date of policy review:</u> September 2021
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This policy can be summarised using the three categories: intent, implementation and impact. These areas are used to monitor the effectiveness of our RE curriculum across the school.

### Intent:

- To provide a stimulating, inclusive and challenging PE curriculum across the school.
- To foster a life long love of PE, health and fitness.
- To develop and improve the fundamental skills needed to succeed in sport.
- To provide a range of opportunities to compete in a wide range of sports and activities.

### Implementation:

- To follow the key skills set out in the National Curriculum.
- Integrate SJS skills into the PE learning.
- Use Get Set 4 PE and Real PE as a resource to provide high quality lessons
- Year groups are supported and monitored by the PE subject leader

### Impact:

- Children develop a love of sport and seek to continue with their activities outside of the school environment
- Children take ownership and responsibility of their own health and fitness
- Staff feel more empowered to deliver inspiring and engaging PE lessons

### Statement:

Sprowston Junior believes that Physical Education is an essential part of a child's educational development, health and well-being. We believe that Physical Education and sport have a vital role to play in the social, emotional, intellectual and physical development of children. Physical Education and sport are important in giving children the knowledge, understanding and the tools to make a positive impact on their own health. Sprowston Junior aims to develop a balanced and engaging programme offering a variety of activities to enhance skills in physical education.

### Our main aims are to: -

- Develop confidence, skills and knowledge
- Promote fair play and respect
- Educate children to improve health and wellbeing
- Provide quality opportunities for children outside of school time
- Be proud of achievements and celebrate successes.

Through these aims, we hope to inspire a generation of children to recognise the importance of leading a healthy active lifestyle and to also instill a desire for lifelong participation in physical activity and/or competitive sport.

Organisation:

Each week 2 hours of high quality PE are delivered across the school from year 3 to year 6. Two main schemes of work are used: Get Set 4 PE and Real PE. Get Set 4 PE focuses on sports delivered across the school (e.g. football, hockey etc) and Real PE focuses on the fundamental aspects of PE (movement, balance, co-ordination and teamwork). Both schemes of work have been implemented recently and have proven to be very successful across the school. Assessment is carried out at the end of each unit; assessment is monitored by the PE lead each term. .