



Sprowston Junior School Our Curriculum



Subject: PE

<u>Date policy was updated:</u> July 2022	<u>Monitored by:</u> Alex Ingham	<u>Date of policy review:</u> July 2023
--	-------------------------------------	--

This policy can be summarised using the three categories: intent, implementation and impact. These areas are used to monitor the effectiveness of our PE 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 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 wide 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 well-being
- 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. The main scheme of work used is 'Get Set 4 PE'. This scheme of work has proven to be very successful with both staff and pupils. Within the PE curriculum children get to experience a wide range of activities and sports that engage the children and link to our own strengths as school and staffing body. Assessment is carried out at the end of each unit; assessment is monitored by the PE lead each term.