



Intent, Implementation and Impact Report for Physical Education (PE)

Intent

At Kingskerswell Church of England Primary School, we believe Physical Education and sport play an important role in making our vision statement a reality for every pupil, with the potential to change young people's lives for the better. Through Physical Education and sport, our children learn to develop the important qualities of discipline, resilience, communication, relationships, team work and ambition, leading to improved concentration, attitude and academic progress. Children will be given the knowledge, understanding and the tools to make a positive impact on their health and well-being.

Emotional and mental wellbeing is also greatly enhanced by sport. Sport has remained central to both our curriculum and extra-curricular provision. We believe learning in Physical Education affects other areas of the curriculum and really enhances children's learning, physiologically allowing better learning to happen, as well as children learning skills such as listening, problem solving, team work and resilience. We believe in giving children the opportunity to play competitively in tournaments and integrate with other children from local schools at sporting events held by the South Dartmoor Sports Partnership.

Implementation

- At Kingskerswell Church of England Primary School we provide challenging, engaging and fun lessons for 2 hours every week. We teach children a range of sporting activities including; invasion games, net games, strike and fielding games, gymnastics, dance, swimming and outdoor & adventure.
- Our PE lessons follow the Rising Stars Units which ensures the requirements of the National Curriculum are taught. Teachers adapt lesson plans to the needs of their classes to ensure the learning is accessible to all children.
- The long term plan ensures the Rising Stars units are taught alongside the South Dartmoor Schools Sports Partnership games so that children can get the most out of the festivals and competitions they attend.
- As a school we buy into the South Dartmoor Schools Sports Partnership (SDSP). This package provides a range of opportunities to engage children and support staff training. This includes:
 - Sports Festivals, children meet peers from local schools and experience a range of activities related to a particular sport.

- Local school competitions, this is an inclusive approach which endeavours not only to encourage physical development but also mental wellbeing. These events develop team work, leadership skills and are enjoyed by the children.
- Workshops for groups of children such as inspire days for disadvantaged children and inspirational leader's day for children leading sports throughout the school.
- Staff training workshops are run throughout the year focusing on key games that are taught in schools throughout the year and support afterschool clubs that teachers might want to take on.
- A member of the SDSP team visits schools for 10 weeks over the year to support teachers with an area of the PE curriculum they feel they would like support with. During the 10 weeks, they also work with a group of children who are either considered disadvantaged or struggle to stay engaged in PE lessons. Children get really excited each week in the build up to their extra session and value the extra time they get with the specialist!
- We also buy into the Exeter City Football Club scheme 'Premier League Primary Stars'. This scheme includes:
 - Teacher training for all teachers across the school for 5 weeks focusing on an area of the PE curriculum they wish to improve. This ensures that teachers are continuing to develop their teaching of PE, offers time for self-reflection and gives them new lesson ideas to carry forward.
 - Lunchtime clubs which encourage participation from children who are less likely to be active. Children build a really positive relationship with the PE specialists which encourages them to join in with the fun activities going on.
 - Afterschool clubs lead by a PE specialist from Exeter City Football Club.
- We provide a wide range of sports clubs afterschool run by teachers and outside agencies including: football, multi-skills, dodgeball, netball, gymnastics, cheer leading, tag rugby and happy hands. After school clubs are a great way to offer children extra-curricular learning which will endeavour to support their overall learning in school. Children get to learn a new skills or take part in a sporting activity they enjoy supporting their mental health and well-being.
- We are part of a football and netball local primary school league each year. This is a chance for children who show passion for a particular sport to play competitively. Competitive games develop children's team work, resilience, self-confidence and responsibility. They learn to manage feelings of excitement and anxiety to develop their mental health and well-being.
- On top of the two hour PE lessons children get a week, we buy into a program called 'GoNoodle' which teachers use for 10 minutes every day for class active breaks between lessons or activities. The children love the dance routines and activities on GoNoodle and show great enthusiasm for the program.

- We use zoning in the playground to encourage physical activity at lunchtime. We also use this to support behavioural expectations in the playground as active games continues to teach children team work, respect and responsibility.
- Every year, children in year 5 and 6 are invited to be sports leaders. They wear a fluorescent jacket with 'Sports Ambassador' printed on the back at lunchtime. Children are supported by a member of staff on the playground where they take it in turns to lead an active game that they have chosen. They are given opportunities to develop their own games to share with their peers. Every year, the Year 6 Sports Ambassadors attend an inspirational leader day run by SDSF to support them in their role as a leader.
- We run inspirational days each year. We invite outside agencies including street dance teachers and athletes from 'Sports for Schools' to run workshops with our children. In addition, we have inspirational days where groups of children can experience rock climbing, water safety training and diving experiences.
- Every two years we run a half marathon event. Children run a mile a week for 12 weeks. They run a final mile in front of parents and carers in our school sports field. They receive a t-shirt and a medal at the end of their last mile. This activity builds resilience in children, encourages them to work towards a goal and experience the enjoyment of running with their peers.

Impact

At Kingskerswell Church of England Primary School our teaching of PE is high quality as staff reflect on the regular teacher training they receive and demonstrate their new skills during lessons. We encourage children to engage and participate in sport through quality first teaching, offering them a wealth of opportunities and making physical activity fun. Encouraging children to be competitive inclusively not only gives them a sense of achievement when they are successful but teaches them to manage failure, excitement and anxiety supporting their overall mental health. By providing children with new experiences and introducing them to inspirational people we broaden their horizons, build on their self-confidence and motivate them to reach their full potential:

- Learning walks demonstrate that staff are teaching PE for 2 hours every week, staff have good subject knowledge and are applying new skills learnt in teacher training sessions.
- Teachers report higher levels of confidence after receiving training.
- High quality PE equipment demonstrates maximum participation and skill development.
- Self-reflections in books show that children can discuss a skill they have improved over a sequence of lessons and express a want to learn more.
- Pupil conferencing after lesson with ECFC demonstrates that children can talk about a skill they have improved on over the course of the lesson and that they enjoyed the different activities.
- Learning walks and discussions with staff have shown that children are able to concentrate for longer when they have regular active breaks during the day.

- *Pupil conferencing and class discussions demonstrate that children thoroughly enjoy the sports festivals and have higher levels of confidence attending events with children from other schools.*
- *Photographs from Festivals show the new skills children have learnt and the facial expressions demonstrate the enjoyment children get out of the sports festivals.*
- *Class discussions and reflections demonstrate new terminology children are able to use after attending a sports festival.*
- *Pupil conferencing with children from clubs who play competitively demonstrates the has shown children dealing with failure and celebrating success.*
- *Pupil conferencing with different groups after inspire days show how much enjoyment children get out of these events.*
- *Monitoring shows that children want to ask questions about sports visitors when they come to school demonstrating their interest.*

We hope that children will leave Kingskerswell Church of England Primary School with the fundamental skills, acquired through PE, to live happy and healthy lives.