



Intent, Implementation and Impact of P.E

Intent

Physical Education at Ambleside C.E Primary School develops the children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. These include: dance, games, gymnastics, swimming and water safety, athletics and outdoor adventurous activities. Physical Education promotes a love for exercise and competition and an understanding of their bodies in action; it involves thinking, selecting and applying skills and it promotes positive attitudes towards a healthy lifestyle. Furthermore, we empower the children to make informed choices about physical activity and their health throughout their lives.

The objectives of teaching P.E in our school are:

- To enable children to develop and explore physical skills with increasing control and coordination
- To encourage children to work and play with others in a range of group situations
- To develop the way the children perform skills and apply rules and conventions for different activities
- To show children how to improve the quality and control of their performance
- To teach children to recognise and describe how their bodies feel during exercise
- To develop the children's enjoyment of physical activity through creativity and imagination
- To develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success
- To promote mutual respect through the use of varied groupings and the opportunity to share and celebrate the achievements of others
- To develop pupil self-esteem through the use of peer assessment
- To develop the children's understanding of how to lead a healthy and active lifestyle

Implementation

P.E is delivered as 2 hourly sessions per week. In KS1, children master basic movements such as: balancing and control, running, jumping, throwing and catching. They also participate in team games, focussing on attacking and defending and performing dances and gymnastics routines. In KS2, children continue to develop their fundamental movements and play competitive games (attacking and defending) and they develop their flexibility, strength, technique, control and balance during athletics, gymnastics and dancing.



Years 3 and 4 go swimming during our Summer Term where they learn how to swim competently, confidently and proficiently over a distance of at least 25 metres and also learn how to use a range of strokes effectively. Year 5 go swimming in the Autumn Term where they learn how to perform safe self-rescue in different water-based situations and Year 6 also go swimming in the Autumn Term where they have 'top up' swimming lessons to revise all of the swimming objectives that they have previously learnt in Years 3 – 5. Every year group, including Early Years, take part in Forest School sessions where they are able to develop many skills and attributes through regular experiences in our school woodland, developing the child as a whole, in a natural environment. All children in our school have the opportunity to take part in outdoor adventurous activities on/near Lake Windermere. Year 5 and 6 also have a two-night residential every 2 years at a local outdoor adventurous centre.

Impact

Children will have developed a mentally and physically healthy lifestyle whilst being taught a range of skills across the curriculum. As the children have access to a range of sports throughout their P.E lessons, they will then be confident to compete against their peers and children from other local primary schools. Children will gain and develop social skills to work as a team and also self-critique their own performance and give constructive feedback to their peers. Children will experience winning and losing and how to behave in each situation, showing good sportsmanship throughout. It is hoped that P.E will light a love of sport and physical activity so that the children will engage in extra-curricular sporting opportunities provided by the school and local clubs and agencies.