

PHYSICAL EDUCATION AT KING CHARLES

INTENT

What are the aims?

At King Charles Primary School, we believe that all children should be offered an **engaging and accessible PE curriculum**, built upon their core and developing skills. These skills are used in many sporting contexts, both in lessons and in representative or extra-curricular activities. Central to all of this, is our understanding of the importance of Physical Education to a child's **overall physical, cognitive, social and emotional development**. Physical Education develops pupil's physical literacy and allows them to learn about themselves, the importance of decision making, a variety of social interaction and the impact of healthy, active lifestyles.

We aim to provide a broad PE curriculum that develops **self-confidence in a child's own abilities**, ensuring that they aim for their 'personal best'. To achieve this and to cater for all pupil's needs and abilities, a variety of **individual, paired and team work activities** are carefully considered by teachers.

IMPLEMENTATION

What does it look like?

Our PE curriculum carefully **plans for progression** and is built sequentially in terms of building skills and then applying these in game situations. Across KS1 and KS2, pupils receive two sessions of physical education each week. Taught in blocks, these include a variety of **invasion games, strike and field games and gymnastics**. In addition to this, every year group receives a half term's worth of **dance** learning, led by a qualified dance teacher. Lessons are taught by class teachers and are supported by a dedicated a Sports Teaching Assistant.

In KS1, via the activities above, **fundamental key skills** are developed, these include an introduction to tactical awareness and fitness elements of agility, balance and coordination. In KS2, pupils continue to apply and develop a range of skills to enable them to become successful players, **athletes, gymnasts and dancers**. In the EYFS, pupils develop their fundamental movement skills and motor skills in classroom and outdoor settings.

Our staff receive CPD opportunities throughout the year, where a secondary PE specialist delivers, guides and observes lessons. This ensures **teacher subject knowledge is broadened**, as well as developing strong links with other local schools.

To ensure that our children are competent in water and make the national curriculum requirements, we provide **swimming lessons** to three year groups per year, using a local facility. We see this not only as a curricular requirement but also a moral requirement, especially as we are a town benefiting from many beaches.

Pupils are given opportunities to **reflect on their performance** and to critique themselves and others, using appropriate terminology modelled by teachers, other adults and students alike. Children are also given many opportunities show **leadership skills**, whether this be demonstrating good practice alongside a teacher or another pupil, or leading group activities.

Pupils at King Charles are given many opportunities to be involved with activities outside of their timetabled PE lessons. We offer a **wide range of extra-curricular clubs** that cover many of the sports developed in lesson time (football, rugby, basketball, netball, gymnastics and more). In addition to this, pupils are given opportunities to compete against each other through **'intra house' tournaments** and through **Sports Day**. Children compete in their 'house teams' that are used in KCT (King Charles Together) time, this further strengthens their **sense of belonging, teamwork and mutual respect**. Further to this, children's participation in lessons and extra-curricular clubs, may lead to representing the school at 'inter school' **festivals and tournaments**.

IMPACT

What are the outcomes?

By the end of KS1, children will have **developed their core skills**. In KS2, they will go on to refine these, using them in more complex game-like situations. Regardless of ability, all children will make **good levels of progress**.

Children will leave King Charles **resilient** and will have had a **positive experience** with PE & Sport. Many will be inspired to pursue their chosen sports in school clubs as well as out-of-school clubs in Falmouth and beyond. As members of the Falmouth Sports Partnership, our students regularly compete with other local schools. As a progression pathway of the Cornwall School Games, success at local events can pave the way for competitions in the wider Cornish community. In recent years, we have reached **county level finals** (rugby, hockey, netball and cross-country). By encouraging high levels of participation and engagement in lessons, we hope to see a continuation of these successes.