



Physical Education



Intent

At All Saints Junior School, physical education is an integral part of our curriculum that is inclusive and engages all pupils.

We believe that PE, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health.

Working in partnership with [NS Sport](#), it is our intention to deliver high-quality teaching and learning opportunities that enable all children to not only achieve their personal best but also helps them to develop the knowledge, skills and competence to excel in a broad range of sports and physical activities.

The curriculum NS Sport has designed aims to improve the wellbeing and fitness of all children at All Saints, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values.

Children participate in competitive sport, and we teach them to transfer their 'All Saints Attitude' to the sporting activity, ensuring they do their best and are display good sportsmanship.

Implementation

As a school, we are dedicated to the teaching and delivery of a high-quality PE curriculum and, as such, NS Sport have planned lessons which provide challenging and enjoyable learning through the full range of sporting activities including invasion games, net and wall games, strike and field games, and gymnastics.

Year 6 do a term of swimming lessons at a local pool with trained instructors; dance workshops take place throughout the year, delivered by external professionals.

The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.

Children participate in two hours of high-quality PE lessons every week, receiving expert coaching from the NS Sport staff who ensure that children learn the relevant skills and understanding of two different sports each half term. Thanks to NS Sport staff, we are also able to provide children both with opportunities to participate in extra-curricular activities that are inclusive, enjoyable and increase children's physical activity, and opportunities to attend competitive sporting events within the local area, which endeavour to encourage not only physical development but also mental wellbeing.

We have an inclusive approach to these competitions, meaning all our children are encouraged to participate in at least one sporting event during the year. These

events also develop teamwork and leadership skills and are very much enjoyed by the children.

Impact

Assessment of children's learning in PE is carried out by the NS Sport staff in two ways: the ongoing monitoring of the development of the children's understanding, knowledge and skills during their weekly lessons, and more formal assessments held at the end of each half term. The outcomes of these assessments are recorded, analysed, and shared with class teachers for end of year reporting purposes.

We believe the impact of our PE lessons is that children learn to take responsibility for their own health and fitness understand how to lead a healthy lifestyle and the importance of exercise.

We hope children enjoy PE and develop a love of sport, and physical activity, that they pursue outside of school and in future life outside of primary school. It is our aim that our children will grow up to live happy and healthy lives, utilising the skills and knowledge acquired through PE.