

### Intent

What is happening before the planning?  
What are the aims?  
What needs to happen before the children learn?  
How are we supporting children to become successful?

At Long Whatton Primary we recognise the value and importance of Physical education not only physically but also emotionally, socially and spiritually. Through the National curriculum, our highly qualified sports coach, our forest school and links with our BeSkilled Trust our children learn how to grow and flourish through PE.

- Children develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- All our children develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success so that they can achieve high standards and 'Fly High'.
- Children are aware of the link between physical activity and good mental health and understand its significance as part of a healthy lifestyle.

### Implementation

How is it going to be delivered?  
How is it going to be taught, assessed and feedback given?  
What are the long term learning goals?

PE at Long Whatton is well-structure, varied and also integrated where possible into other curriculum areas. Through our sports coach children are taught key knowledge and skills informed and linked to enable achievement of key stage end points. Children are exposed to competitive sport both intra and inter to promote self-confidence and the ability to work collaboratively.

- Through a well structured timetable all areas taught are developed each year. So you can see the children grow in knowledge and confidence in areas such as dance, games and athletics to name but a few.
- Our BeSkilled Trust annual sports events provide opportunities for all year groups to encourage a love of sport and the chance to meet, overcome challenging situations, compete and develop life skills.
- Our character traits help to reinforce a positive learning experience and develop good sporting attitudes in a safe environment so that all children can fulfil their potential through physical education.
- Our outdoor areas and forest provide many opportunities through lessons, lunch times and after school activities.
- All our children participate in 2 hours of PE every week and every academic year the whole school have the opportunity to have swimming lessons with qualified swim instructors.
- Through enhancing our PE equipment our children are given more opportunities to take part, learn and develop new skills both 'thinking for themselves' and collaboratively. Forest school investment has enabled children to have extra opportunities led by qualified leaders.
- Half termly house competitions are organised by our sports coach to promote competition and teamwork and incorporating 'more than just me' as well as being part of North Charnwood which enables external competitions and festivals.
- Lunchtime and after school clubs provide additional opportunities to get active, develop key developmental skills and encourage verbal communication to enhance team sports. Daily activities are encouraged such as the daily mile and Year 6 play leaders supporting the younger children to learn new games.
- Challenge and risk taking is encouraged to stretch children and our aim is to increase motivation to less active children, giving them more opportunities to enjoy sport - lunchtime.
- Children also participate in annual residential in KS2 where they learn how to take risks, develop their character through outdoor adventure activities.
- EYFS develop fundamental movement skills through the 'Big Move' program.

### Impact

What knowledge and skills do pupils gain throughout?  
How are they achieving the goals?  
How does their knowledge gained compare to expectations?

Our aim at Long Whatton is to ensure quality PE through assessment, external and internal sporting opportunities, lunchtime and after school enhancement with the aim to nurture physical, social, emotional and spiritual well-being.

- Through qualified sports coaches and forest school leaders, all children will progress and successfully achieve their end of year objectives as well as the well-being of the whole child.
- The aim is to achieve the School Games mark at Bronze level progressing to Silver and Gold.
- External competitions, meetings and festivals support and 'I can do it' attitude to promote, teamwork, giving children life skills and a love for sport and the outdoors.