



# P.E. Procedure

## 2021-2022

*Desire to Learn, Learn to achieve*

## Intent

**“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” John F. Kennedy**

At Star Academy, we recognise the importance of PE and the role it has to play in promoting long term, healthy lifestyles. We strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development. We aspire for children to adopt a positive Growth Mindset and believe that anything can be achieved with ambition and resilience. At Star we offer a dynamic and varied program of activity to ensure that all children progress physically through a unique and fully inclusive PE curriculum. Our curriculum aims to improve the well-being and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

## Implementation

### Early Years

In Early Years, we aim to develop the children’s physical literacy through our continuous provision both indoors and in the outdoors areas. Children have access to a wide range of equipment to develop their gross and fine motor skills.

### Wider school

PE at Star provides challenging and enjoyable learning through a range of sporting activities including invasion games, net & wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventure and swimming. Swimming is planned into the school year to allow children in years 5 and 6 to be confident in the water and to learn to swim. Pupils participate in at least 2 hours of high-quality PE lessons each week, covering one or two different sports/ skills focuses each half term. The Long-Term planning for each class 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. Planning is taken from PEDPAS and is used also to assess the children during the sessions. This is tracked by the PE Co-ordinator and used as handover for transition at the end of the academic year so that the new class teacher is aware of what the class has already been taught and to identify any areas that need further development. • All staff can access the Medium-Term planning and half termly assessments for each class throughout the academic year. Children are encouraged to participate in the varied range of extra-curricular activities throughout the whole school and clubs are often set to the requests and interests of the pupils.

### Assessment

Will be carried out by the class teacher through weekly lessons and half term updates. PEDPAS will be used for this.

## **Impact**

At Star Academy, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise. We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school. Children can represent the school at sporting events. Alongside this, we share sporting achievements both in and out of school in Celebration Assembly, so that we are promoting sports and activities, as well as celebrating all levels of success. We aim for all Year 6 pupils to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water which are key life skills.

