



PHYSICAL EDUCATION

It is our intent at Phoenix Primary School to provide all our students with a high-quality Physical Education in a safe and supported environment. We believe that Physical Education is essential to ensure children attain physical, mental and social development and provide children with the skills, knowledge and understanding they need to become physically literate.

Our curriculum aims to improve our children's well-being, fitness and knowledge, not only through the use of a wide range of traditional and alternative activities, competitions and festivals but through the use of our Values Based Education. We encourage children to transfer the school values to sporting and physical activity situations.

It is intended that when students leave Phoenix Primary School children have met the national curriculum as a minimum:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

At Phoenix Primary School children have one and a half hours of Physical Education per week and half an hour of fitness per week. The long-term plan sets out the Physical Education units which are taught throughout the year and ensures that the requirements of the National Curriculum are fully met by the time the children leave the school in year 6. Additionally, children in Year 4 spend the entire year attending swimming lessons once a week in which they follow the School Swimming Academy Awards.

We teach lessons that:

- Allow the children to have fun and experience success in sport
- Show progression as they develop through the school
- Enthuses and inspires children to participate fully and develop a life-long love of physical activity, sport and exercise
- Ensure children participate in some demanding physical activity to enhance fitness levels
- Are planned to build on what pupils of all abilities know, understand and can do and identifies what pupils need to do next to improve
- The long-term plans for each class set out the PE units that will be taught throughout the year which ensure children understand basic rules, experience competition, develop good sporting attitudes and develop skills and knowledge
- Allow for assessments which the PE teacher tracks using the 4 strands of the national curriculum which all staff can access for each class throughout the academic year

Outside of lessons children are encouraged to participate in an extensive range of extracurricular activities. As a school we have high levels of school partnerships, which gives the children a lot of different opportunities. The use of clubs at lunch and afterschool are extensive and are offered to EYFS, KS1 and KS2. We offer workshops throughout the year that cover a variety of different sports which provide the children with an opportunity to develop fitness and try something new.



Additionally, physical activity is embedded throughout the day through various initiatives such as The Daily Mile, Playmaker and GoNoodle.

Our extracurricular activities:

- Are inclusive and enjoyable
- Increase children's physical activity levels
- Are offered to EYFS, KS1 and KS2 children
- Each year group have 2 representatives in which meetings take place termly to discuss decisions around clubs, activities and competitions
- Allow children to attend competitive sport events and festivals in the local area and beyond through membership with Greenacre Sports Trust.
- Encourage children to stay active at break and lunchtimes and can access a variety of equipment to use as well as adults available to help organise sports
- Give children the opportunity to complete the Playmaker award which introduces children to leadership skills and teaches children how to set up mini activities and games to play

At Phoenix Primary School, we ensure that the Physical Education curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities as well as teaching them to live healthy and active lifestyle. From our lessons, our children gain the confidence and skills they need to continue to pursue physical activities when progressing to secondary school. The curriculum and range of extra-curricular activities inspire children to succeed and further develop the school's values. Additionally, we aim for all Year 6 children to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water.