



## Intent, Implementation and Impact of PE at Oak Meadow

### **Intent**

Physical education at Oak Meadow develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Thus we enable the children to make informed choices about physical activity throughout their lives.

The objectives of teaching PE in our school are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children perform skills, and apply rules and conventions, for different activities;
- to show children how to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success;
- to promote mutual respect through the use of varied groupings and the opportunity to share and celebrate the achievements of others;
- to develop pupil self-esteem through the use of peer assessment, identifying where the skills taught have been applied successfully;
- to develop the children's understanding of how to lead a healthy and active lifestyle.

### **Implementation**

- Our P.E curriculum is carefully planned by our staff, in line with our skills progression, to provide learning opportunities that ensure all pupils to make good progress.
- Our skill progression recognises the importance of not only the physical development of the children but also their social, mental and emotional wellbeing.
  - Thinking – children are encouraged to analyse, evaluate and make decisions that will impact the outcome of a performance.
  - Social – children develop key skills such as communication, resilience, leadership and teamwork.
  - Healthy – children are taught to develop an awareness of the health benefits of leading a healthy, active lifestyle along with how to perform activities safely.
  - Physical – children are taught to improve the quality and control of their performance whilst focusing on a range of skills across a broad and balanced curriculum.
  - Creative – children are encouraged to be innovative when performing an activity and working out how to overcome challenges.

- We vary the activity and differentiation for individuals using the STEP framework. This approach enables children to be challenged or supported through adapting the space, task, equipment or number of people involved in the activity.
- Children evaluate and reflect upon their own performance as well as the success of their peers.
- Children are encouraged to set their own challenges in order to achieve a personal best.
- Children practise and perform in a range of styles such as individual, paired, group and whole class situations.
- Staff complete continuous assessment to keep track of all children's progress and use the data to inform future practice.

### **Impact**

The impact of our PE curriculum will result in children making good progress and reaching at least age-related expectations. Our skills progression enables us to ensure that children develop the knowledge and understanding, skills and attributes necessary for a healthy mental and physical wellbeing during their time at Oak Meadow and instil confidence and a passion for exercise in the future.

From tiny acorns **mighty oaks** grow...

