



Mexborough St John the Baptist
Church of England Primary

PE Policy

"Sport has the power to change the world..."

Nelson Mandela

Our Vision for Physical Education

Intent

At Mexborough St. John the Baptist C of E Primary, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also 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. Our curriculum aims to improve the wellbeing and fitness of all children at Mexborough St John, not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes.

Implementation

PE at Mexborough St John provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.

- The long term plan sets out the Val Sabin PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extracurricular activities after school sport clubs which change half-termly.
- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- Children in Year 5 swim once a week for 10 weeks during the Spring Term.
- As well as morning break and lunchtime, children are encouraged to join in our "Fit in 10" initiative to help meet the government target of all children being active for at least 60 minutes a day.

Impact

Pupils' learning over time, reflects the intended curriculum. The concepts and big ideas provide the schema through which meaning is made and helps to ensure long term knowledge growth. This in turn ensures pupils know more and can do more.

Research shows that repetition of course content leads to sticky learning; the transfer of knowledge from the short term to long term memory. At Mexborough St John's, we achieve this through regular retrieval practise. Children can speak with confidence about what they have learnt and how they can apply this to other parts of their learning.

The impact of our curriculum will be seen not only in measurable attainment and progress but that St John the Baptist Primary School creates polite, well-mannered caring members of our school community who understand and respect everybody's differences and needs.

1. Myatt, M. (2020) Back on Track, fewer things, greater depth.

Reference to Willingham, DT. (2010) 'the unifying ideas of discipline'- Daniel Willingham argues that pupils should learn the concepts that come up again and again.