



## Physical Education Curriculum at Gaddesden Row School



### INTENT

At Gaddesden Row School, we recognise the importance of Physical Education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development. We are committed to supporting the health and wellbeing of our children and we understand how sport and regular physical activity can have a successful impact on children

We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. We promote celebrating all achievement in PE and also promote **resilience**, **competitiveness** and **sportsmanship** as we realise that these are skills children need to have when maturing into young adults.

Our PE curriculum is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, motivating, challenging and enjoyable learning situation for all pupils of all ages and ability. The curriculum aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities.

As well as the importance placed on PE lessons, we also have a wider curriculum offer which includes the opportunities for pupils to take part in extra-curricular sports and activity clubs and competitions.

### **Implementation**

Our curriculum aims to enable all children, regardless of background, ability, additional needs, to flourish to become the very best version of themselves they can possibly be.

Pupils within EYFS undertake daily physical exercise within their teaching unit, through continuous provision, including the recent upgrades we have made to our outdoor area. They also have access structured activities at least once a week, where the Challenge Sports coaches are used to develop areas of movement and key skills that are essential to every child's development and well-being.

In KS1 the curriculum focuses on fundamental key skills to develop early stages of tactical awareness. Challenge Sports provide coaches to assist in the teaching of PE. Curriculum content includes ball skills and team games, gymnastic and dance activities. Children are introduced to early stages of games, gymnastics, dance, and athletics.

At KS2 pupils continue to apply and develop a range of skills to enable them to become successful games players, dancers, gymnasts and athletes. Challenge Sports assist with the teaching and delivering of PE. Lower KS 2 develop the skills required for a range of games, while upper KS2 takes this further to allow access to varied games. We also enrich children's experiences through opportunities for outdoor and adventurous activities such as orienteering and map work. Our school's rural surroundings support with this. We encourage outdoor activity as much as possible at Gaddesden Row School.

## **Wider Curriculum**

Children at Gaddesden Row School are given the opportunity to join a range of extracurricular activities both during lunchtimes and after school. They range from traditional sports such as football and netball, and other sports such as speed stacking and games clubs. Children are given the opportunity to compete at various levels including personal best challenges in school and other challenges between our team groups. We also take part in inter-school events through our Dacorum Schools Partnership.

## **Daily physical activity**

We aim to deliver 10 minutes of physical activity throughout the school day in addition to twice weekly PE sessions. Children are provided with opportunities over the school day to become physically active within the curriculum, Children are provided with opportunities to have “brain breaks” throughout the school day through the use of initiatives such as ‘Daily Exercise,’ and mindfulness activities. We encourage children become physically active at break and lunch times when using the resources in the playground. There are also Quiet Zones for children to use.

## **Impact**

As a result of a strong Physical Education curriculum and wider curriculum offer, children, regardless of background, ability or additional needs, will:

- Become skilful and intelligent performers;
- Acquire and develop skills, performing with increasing physical awareness;
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking;
- Develop their ideas in different ways;
- Set targets for themselves and compete against others;
- Understand what it takes to persevere, succeed and acknowledge others' success;
- Respond to a variety of challenges;
- Take the initiative, lead activity and focus on improving performances;
- Develop competence to excel in a broad range of physical activities;
- Lead healthy, active lives;
- Develop positive attitudes to participation in physical activity;
- Engage in competitive sports and activities;
- Embed values like fairness and respect.