



## The Intent, Implementation and Impact – PE.

PE at Bolton Brow Primary Academy aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future lives. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and believe that, with determination, anything can be achieved.

### Intent

It is our intent at Bolton Brow Primary Academy to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire **ALL** children to succeed in physical activities. We want to teach children how to co-operate and collaborate with others, as part of a team, understand fairness and equity of play and to embed life-long values.

In the Early Years Foundation Stage (EYFS), we relate the physical development aspects of the children's learning to the Early Years Outcome document. We acknowledge that physical activity is an important aspect of young children's development, particularly in terms of their physical growth & health - exercise and physical activity also can contribute to children's social and cognitive development.

### Implementation

There are opportunities for children to encounter indoor and outdoor physical development throughout the EYFS – through both planned activities and the self-selection of easily accessible quality physical development resources. Whenever possible, children's interests are used to support delivering this part of the curriculum providing children with opportunities to move and handle a wide range of resources. Staff teach them the importance of health and self-care throughout the year. There are a range of approaches to physical activity and development used in EYFS from outdoor play and gross motor activity. These involve play, climbing equipment, toys and games, to indoor opportunities for movement and dance exercises and aerobic activity.

Pupils in KS 1 and KS 2 participate in twice weekly high-quality PE and sporting activities. The school follows the Real PE & Real Gym scheme; both of which are fully aligned to the National Curriculum and Ofsted requirements and focus on the development of agility, balance and coordination, healthy competition and cooperative learning. Our PE programme incorporates a variety of sports each half term focusing on one of the following 'cogs':

**Creative, Cognitive, Health & Fitness, Physical, Social & Personal.**

Through this, we ensure that all children develop the confidence in and the tolerance and appreciation of their own and others' strengths and weaknesses.

The school also actively seeks and provides opportunities for external sport coaches to support the implementation of PE across all year groups throughout the year.

We also provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also wellbeing.

In Years 4 and 5 children participate in high quality swimming lessons provided by the local authority. Children are taught to swim using a range of strokes competently, confidently and proficiently. They are also provided with opportunities to perform safe self-rescue.

### Impact

Our curriculum aims to improve the wellbeing and fitness of all children at Bolton Brow Primary Academy, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Within EYFS, children show good control and co-ordination in both large and small movements. They move confidently in a range of ways, safely negotiating space, along with handling equipment safely. Children will also know the importance of good health, physical exercise, a healthy diet and can talk about ways to keep healthy and safe.

Across KS1 and KS2, teachers assess the children's progress within each 'cog' using the agreed format. Children are also taught how to self-assess and are encouraged to recognise that to be successful they need to take ownership and responsibility of their own health and fitness.

Our impact is therefore motivated children who utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.