



P.E.

Intent

At Keyworth Primary School, we recognise the important role of PE in allowing children to develop their agility, physical coordination, fitness, confidence and enjoyment through physical activities. Children learn how to plan, perform and evaluate actions, often in pairs and small groups, helping them to develop the quality and effectiveness of their work. Through PE, we help children to develop confidence and competence in performing different skills as well as to build resilience to overcome challenges that may arise. Our school promotes a positive attitude towards an active lifestyle and introduces children to lifelong physical activity which will support both their physical and mental health.

Implementation

We provide children with the opportunity to access a minimum of two timetabled PE lessons every week, with teachers following the PESSN scheme to deliver well-planned lessons and to assess each child's progress. PE lessons focus on both physical and mental wellbeing and teach children important lifelong skills such as resilience, team-working, social skills, empathy, communication and turn-taking. To enable the development of skills using large and small apparatus, ball skills, team games and dance, PE lessons make full use of the school's facilities including a multi-use games area, playground and multiple hall spaces.

Children in all year groups have the opportunity to take swimming lessons each year. Priority is given to increasing water confidence and ensuring that all children learn how to swim safely. A high percentage of children develop their swimming techniques to certificate level. Health and wellbeing workshops are provided for all classes in KS1 and KS2, including yoga sessions, to introduce and implement positive ideas around physical activity and healthy eating and to enhance health and wellbeing work already happening within the school.

The school's high reputation in sport is maintained through extra-curricular activity and children regularly participate in after-school clubs and attend local competitions. Our extra-curricular activities are available in many varied and exciting sports to maximise participation from both boys and girls: these include football, multi-skills, cricket and badminton. These activities are provided in partnership with fully qualified coaches from PESSN who are

brought in to provide expert tuition. Each class attends at least one whole class competition or event in the local area each term to give more opportunities for children to take part in competitive and non-competitive events across the school. Furthermore, children with Special Educational Needs (SEN) are provided with additional PE sessions as well as PE trips to support inclusion. PESSN also deliver an annual two-hour gifted and talented session with up to 20 children from across the school and provide pathways to local sports clubs for the children. In addition to this, PESSN provide training for all Early Career Teachers as well as termly training sessions for all teachers to support their continued professional development.

Impact

At Keyworth, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the skills and opportunities to demonstrate improvement to achieve their personal best. We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, mentally and physically. Our children enjoy the success of competitive sports and learn life skills in victory and defeat. We equip our children with the necessary skills and a love for sport so they will grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

PE Events That Took Place in Autumn 1 2022

- Year 5 and 6 Girls Football Tournament
- Year 3 and 4 Girls Football Tournament
- Key Stage 1 Girls Dance
- Key Stage 1 Girls Capoeira
- Year 5 and 6 Girls Football Funday
- A Course of Yoga Sessions for Each Class
- Bowling Trip
- Festival of Sport