

**IMPACT:**

Children at Sutton Benger CE Primary School have a **love for being active.**

Children will perform in a range of sporting activities. They will use skills from PE lessons across the curriculum and be **physically literate** as they move on to secondary school.

Children will be able to move their bodies in a variety of ways. They will get out of breath and know that this is good for them. They will see a change in the way they can move their bodies and understand that it **takes practise in order to get better at a physical skill**. They will be fit and healthy and this will help them to make healthier choices.

Children will love PE enough to pursue avenues of sport/fitness outside of school.

Pupils will have good memories of PE and carry on with being physically active for the rest of their lives.

**Sutton Benger CE Primary School – Physical Education**

**INTENT:**

At Sutton Benger CE Primary School, we recognise the importance of physical activity in our daily lives. At Sutton Benger CE Primary School, we encourage our children to **choose** **to be** **active** in whatever way they enjoy, so that they will go on to lead happy, **healthy** lives that include physical activity.

The national curriculum for physical education aims to ensure that all pupils:

* develop competence to excel in a broad range of physical activities
* are physically active for sustained periods of time
* engage in competitive sports and activities
* lead healthy, active lives.

We gain **independence** and **self-agency** through being physically literate.

We can adapt our learning as athletes into all areas of the curriculum and in the outside world.

We believe fundamental movement skills are key to being physically active. We are agile, balanced and coordinated. We are able to move our bodies in order to **perform**, **play**, **participate** and **achieve our personal best**. We understand that being physically active is vital for our overall **health and wellbeing** both now as we develop, and for the rest of our lives.

We welcome competitiveness and understand that **resilience** and **growth mindset** help us to win and lose. We recognise that physical activity fosters **relationships** and can be pursued individually, in a team and in the wider community.

**IMPLEMENTATION:**

At Sutton Benger CE Primary School, we use **Real PE** as our tool for delivering high quality PE lessons. We **teach** physical literacy through the Real PE cogs and the National Curriculum. This helps children **develop and improve their fundamental movement skills** (FUNS), core strength, sporting mentality and overall health and fitness. Teachers plan for and understand the progression of skills over time. Lessons build in time to practise the FUNS skills discretely and in a variety of games/activities. Learning intentions are shared and discussed prior to and throughout the lesson, and reflected on at the end.

Lessons start with a warm up, and end with a cool down. Teachers do as much of the preparation and demonstration prior to the lesson so that time being physically active is maximised.

In lessons we see children **enjoying physical activity** in a non-judgemental and healthy, competitive environment.

We expect all children to participate, even if it is coaching, looking for gem powers or sportsmanship and feeding forward from the side lines. We want PE lessons to be **inclusive** and the right level of challenge for all.

Playtime and lunchtimes allow children to be outside with space that enables them to be active. After school clubs run every week, including football, multi-sports and gymnastics, and are changed termly to encourage maximum participation.

We also use our sports premium funding to pay for **high quality PE coaching** from an outside agency (Fortius) and to subsidise swimming lessons. Teachers and the PE lead work closely with the Fortius coaches to plan the curriculum for all classes for the year ahead and enable teachers to **receive CPD in teaching PE**. Fortius coaches will switch from teaching Real PE to sports such as Tag Rugby and Netball to allow teachers to lead their own sessions and become **skilled and confident**. We have booked **weekly swimming lessons** for the whole year to allow children in KS2 to develop their swimming skills.

Learners experiencing disadvantage will be prioritised.