**Marian Vian Primary School**

**Physical Education**

**Intent**

Marian Vian strives to demonstrate through the teaching of Physical Education (PE) how an active healthy lifestyle should be placed at the heart of the curriculum as a whole child and whole school improvement tool. We believe that all children should have plenty of opportunities and positive experiences in both school sport and being physically active, to encourage and build a lifetime habit of participation. Physical activity offers children and young people so many benefits for both physical and mental wellbeing; Marian Vian Primary school’s intent is to offer a curriculum with a wide range of activities that will teach children to become physically confident, developing the whole child so that each of our pupils leaves us with the ongoing ability and knowledge to meet life’s challenges with confidence and resilience. Marian Vian also intends to give opportunities for children to excel in competitive sport with the purpose of building character and embedding important values such as fairness, respect, responsibility and determination to succeed.

**Implementation**

Many research studies have confirmed the direct link between physical literacy and the impact this has on pupil behaviour, attainment and achievement. Our school wholeheartedly endorses and complies with the DfE Vision Statement for The Premium:

*All pupils leave primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.*

The national curriculum for PE 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

Our school adheres to the departmental guidance that pupils should be taught a minimum of 2 hours Physical Education per week. In each year group’s weekly schedule the lessons are timetabled on a general basis of one indoor session and one outdoor session (subject to variation). The type of activity offered changes every half term to ensure that we are offering a wide range of experiences and learning that continue to challenge and aid progression.

**In EYFS (Early Years Foundation Stage):**

The Early Learning Goals for Physical Development involves providing the opportunities for children to be active and interactive; to develop co-ordination, control and movement. Children will be taught to understand the importance of physical activity and also making healthy choices in their diet.

Moving and handling: children will be taught to gain control and coordination in large and small movements (gross and fine motor skills). They will learn to move confidently, negotiate space and handle equipment and tools safely and efficiently.

Health and self-care: children will be taught to know the importance for good health through physical activity, a healthy diet and talking about ways to keep safe. They learn to manage their own basic hygiene and personal needs successfully.

**In Key Stage One (Year One and Two):**

Pupils first and foremost will be provided with opportunities to develop and master the fundamental (core) movement skills. Children during this time will become increasingly competent and confident in agility, balance and coordination both individual and combined. They will be encouraged to engage competitively against themselves and classmates.

Our pupils are taught to:

* Master the basic movements including running, jumping, throwing, catching, hopping, galloping, skipping, leaping and kicking.
* Participate in team games, developing simple tactics to attack or defend
* Perform dances using simple movement patterns.

**In Key Stage Two (Years Three to Six):**

Children will continue to apply and develop the skills learnt in Key Stage One and will develop a broader range of skills, learning to use them in different ways and link them to perform actions or sequences of movement. Pupils will be encouraged to communicate, collaborate and compete with each other. They will be taught how to improve by learning to recognise their own success as well as evaluate where they could do better.

Our pupils are taught to:

* use running, jumping, throwing and catching in isolation and in combination (e.g. combining skills of run, jump and catch to be successful in sports like basketball)
* play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
* develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
* perform dances using a range of movement patterns
* take part in outdoor and adventurous activity challenges both individually and within a team
* compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Impact**

As well as the range of sports and opportunities pupils have in the day-to-day delivery of the curriculum, we have already seen, through use of the funding, an increase in participation of extra-curricular activities. This is a result of initiating new and exciting activities such as Taekwondo, ballet, cheerleading, karate and tag rugby.

Our school regularly holds inter and intra competitions in a number of sports and promotes a positive view of taking part in competitive sport.

In the academic year 2019-2020:

* We had Years 5 and 6 take part in the Crystal Palace Cross Country event in November and Years 3 and 4 took part in March, with a pupil achieving our best ever individual result of 4th place in the Year 4 Boys race
* For two years in a row we have held first place in the Bromley Borough Hockey Championship
* Our football team made it to the quarter finals in the Bromley Borough cup and in January 2020 they won their cup match 3-2
* Pupils have increasingly been able to experience archery lessons
* Pupils took part in the Tag Rugby competition
* Pupils continue to learn in the outdoors through their Bushcraft lessons in which they can compete for the ‘Golden Axe’ award, needing to show an array of skills and teamwork
* The netball squad won with a score of 8-4 against a local school
* We achieved the London Healthy Schools Bronze award
* Children across the school have learnt to cook healthy meals and have been encouraged to have a healthy diet
* We had a visit from the Life Bus, where pupils had the opportunity to learn about the body
* The school achieved Level 3 in the RHS School Gardening Awards for our recycling and composting campaign
* Yoga was introduced into the curriculum in Year 3
* Work has finished on creating our school pond and classes have begun using it for learning
* Our Year 6 cohort have learnt Taekwondo as part of their PE curriculum, completed the Bikeability programme and completed a First Aid course with First Aid Buddies
* We achieved the Gold Award for School Games 2018/19
* We achieved the Silver Sapere Philosophy for Children School Award, celebrating our development of high quality P4C practice as integral to the school’s ethos, curriculum and values



