

Curriculum Intent, Implementation and Impact

Physical Education

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Introduction:

At The British School we aim to promote interest, enjoyment, confidence and competence in all physical skills. We promote physical activity as being an essential component of a healthy lifestyle. Children at our school understand the important link between being active and having a healthy lifestyle and diet. We encourage good sportsmanship, co-operation, fair play and a healthy enjoyment of competition. We promote understanding of the physical, mental, social and health benefits of regular physical activity.

This policy will provide a basis for teaching PE at The British School. A high-quality PE curriculum inspires all pupils to succeed and excel in both competitive and non-competitive sport and other physically-demanding activities. The British School recognises the enormous potential PE has for benefiting all aspects of an individual's development and takes every opportunity to promote pupils' involvement in a variety of sports and physical activities. The teaching of PE provides opportunities for pupils to become physically confident in a way which supports both their physical and mental health and fitness. PE allows pupils to develop a positive attitude to sport, whilst promoting fair and sporting behaviour, collaboration and cooperation. Opportunities to participate and compete in sport and other activities also help to embed our school values of support & respect, engage & aim high, courage and resilience.

INTENT

The aims of our PE curriculum at The British School

We aim to:

- Ensure all pupils are physically active in PE lessons.
- Provide opportunities for all pupils to take part in competitive and non-competitive sport.

- Promote good physical development, enabling pupils to develop their stamina, muscular strength, suppleness and posture.
- Stimulate enjoyment and interest in a variety of sports and physical activities.
- Help pupils appreciate the benefits of sport and physical activity, and of leading a healthy lifestyle, while at school and in later life.
- Assist pupils in learning the specific skills necessary for a variety of activities.
- Encourage pupils to develop an appreciation of skilful and creative performance in physical activities.
- Foster the growth of all pupils' confidence and self-esteem by increasing their physical competence and developing their competence to excel in a broad range of physical activities.
- Promote the development of social skills through team-work, collaboration and cooperation.
- Help children to develop strategies for coping with success and failure.
- Promote competitive and sporting attitude, whilst emphasising the importance of good sportsmanship, fairness, respect and commitment.
- Ensure that activities take place in a safe environment and that children are always aware of maintaining their own safety.
- Promote children's interest in extra-curricular sports and activities, both at school and within the wider community.

Equality, Diversity and Inclusion in PE:

At The British School, we create an inclusive culture of achievement, high standards and high expectations. Children of all ethnic and cultural groups, races, genders, sexual orientations and abilities have equal access to our PE curriculum and we have high expectations of all pupils. We ensure that positive images of all groups are promoted throughout the school, both in the use of language, in the provision of resources and through displays. We ensure that all children have equal access to effective, quality-first teaching and learning, in all areas of the PE curriculum.

In lessons, pupils are taught predominantly through whole-class teaching. Where possible, the focus is on everyone working together on the same learning objective(s), at the same time, to master the age-appropriate content of the National Curriculum. As a school, we ensure that we meet the diverse needs of each individual pupil, in order to ensure the active participation and progress of all pupils. Class teachers, in collaboration with the SENDCO, will ensure that any specific needs are addressed promptly.

In PE lessons, pupils with SEND are supported in a number of ways.

Strategies may include:

- Targeted support by an adult.
- High-quality modelling.
- Appropriate scaffolding.
- Varied questioning.
- Peer support
- The use of different or additional resources and/or equipment
- Giving additional time to complete tasks.

Curriculum structure:

At The British School, our curriculum is organised into a yearly overview, outlining which units of PE will be taught when across the year. There are two PE units per class, per term and PE is taught twice weekly. One unit is delivered by the class teacher and the other by Atlas Sports coaches. Teachers are encouraged to select the unit they wish to teach themselves based on their subject strengths. They then use the Atlas-led sessions as a form of CPD.

We have structured our yearly overview to align with our local sports fixtures calendar. This ensures that children have been taught a specific sport prior to the corresponding fixture, thus improving their skills and confidence. When developing our yearly overview, we also wanted to ensure that pupils access a variety of different sports during their time at our school, including those that are more commonly learned and played, and those that are less so.

We have our own medium term planning in place, which outlines the key objectives to be covered throughout each unit. Teachers use this, along with *Get Set 4 PE* (a high-quality scheme of work fully aligned to the National Curriculum), to support their planning and delivery of our PE curriculum. Each *Get Set 4 PE* unit is progressive and is broken down explicitly into learning objectives and skills progression. Teachers adapt the plans, activities and resources provided to meet the needs of their class, adapting these accordingly. The SLT monitors planning and ensures coverage of the curriculum.

Planning and Teaching:

As previously mentioned, Atlas Sports coaches deliver one lesson per week to each of our classes. This is paid for using the Sports Premium money. A member of the teaching staff expected to be present and actively engaged in each lesson, thus receiving high-quality CPD. Using our yearly overview, teachers decide in advance which units they wish the Atlas Sports coaches to deliver and this is communicated to the coaches by the subject leader.

Teachers are expected to teach the other unit from the yearly overview themselves, using the *Get Set 4 PE* resources to support them. The rationale behind having a scheme in place is to provide non-subject specialists with the confidence and expertise to deliver high quality PE lessons. Therefore, teachers may adapt the plans provided as much or as little as they wish, based on their own confidence and competence in the subject.

IMPLEMENTATION:

Our children participate in high-quality PE lessons twice a week, covering two different units per term. Our PE yearly overview incorporates a variety of sports and activities, to ensure all children develop a range of skills, along with confidence, tolerance and the appreciation of their own and others' strengths and weaknesses.

We also provide opportunities for all children to engage in extra-curricular activities during and after school, as well as inter-school competitions. All pupils in our school are given the opportunity to participate in inter-school competition at least once per year, but many children take part regularly throughout the year.

We run a range of extra-curricular clubs, supported by both school staff and external coaches. We pride ourselves on having an inclusive approach to PE, which encourages not only physical development but also well-being.

The Role of the Subject Leader:

The PE Subject Leader ensures that the design, implementation and monitoring of the PE curriculum is effective across the school.

The role includes:

- Improving the quality of PE teaching and learning across the school, through an effective and rigorous monitoring process.
- Formulating an annual action plan, which is regularly reviewed.
- Supporting colleagues with planning, teaching and assessment.
- Monitoring pupil progress and attainment in PE (with the SLT).
- Auditing and maintaining resources.
- Managing the PE budget and Sports Premium.
- Attending network meetings and subsequently keeping staff informed.
- Undertaking their own CPD.
- Providing relevant and timely CPD for staff.
- Facilitating pupil participation in all local sports fixtures and events.
- Ensuring that all pupils get the chance to attend inter-school competition.

- Organising activities and competitions within school, to promote PE for the school and wider community.
- Building relationships within the local community.
- Encouraging parental involvement.

Assessment:

Teachers regularly use both formal and informal assessment to assess the progress and attainment of all children in PE. Assessment occurs throughout all PE lessons; it is responsive and enables staff to adapt their teaching to meet the needs of individuals - for example questioning, observations and verbal feedback.

As well as this, pupils are assessed more formally in every unit of PE that they undertake. This formal assessment is carried out using *Get Set 4 PE* assessment trackers, whereby pupils are individually assessed against each learning objective using a simple tick sheet. For consistency, Atlas Sports coaches also use these. These assessments are used to inform future planning and teaching and are also used by the subject leader for whole-school analysis.

Additional opportunities for Physical Education:

Swimming:

All children in Key Stage 2 receive 6 weeks of swimming lessons during term 5. These lessons take place at Wotton Swimming Pool with qualified swimming instructors. Swimming is assessed in line with all other units of work, using *Get Set 4 PE* assessment trackers.

In addition to this, those children in Year 6 who are not on track to meet the National Curriculum requirements for swimming, are given a further 6 weeks of "catch up" swimming lessons during term 6.

When swimming, girls should wear a one-piece bathing costume and boys should wear suitable swimming trunks that do not impede their ability to swim safely and efficiently. Long hair must be tied back and covered with a hat. Goggles may be worn but are not essential.

Extra-curricular activities:

Extra-curricular activities are offered to all children. We are proud to offer a diverse range of activities, including gymnastics, hockey, tag rugby, netball, football, dancing, athletics, rounders, cricket, cross-country running, multi-skills and physical play. These clubs are aligned with our local sports fixtures calendar

where applicable. Pupils are encouraged to take part in as many of these activities as they wish.

Intra-School Competition:

All pupils in the school take part in at least three intra-school competitions each year. These include cross-country running, athletics and cricket/rounders. Pupils represent their Houses and points are awarded accordingly. Pupils compete to win the House Shield at the end of the academic year.

Intra-School Competition:

All pupils in Key Stages 1 & 2 are given the opportunity to take part in at least one inter-school competition each year. There are also a vast amount of additional opportunities available for those who wish to take part. Opportunities for inter-school competition include football, netball, tag rugby, rounders, cricket, athletics, cross-country running, multi-skills, dance, handball, dodgeball and mountain biking.

PE in the Wider Community:

At The British School we are passionate about ensuring a healthier, balanced and active lifestyle for all. We encourage parents and families to join us for our Sports Day; whether this is taking part or supporting. The British School proudly supports the charity 'Read with Me' by taking part yearly in a sponsored 10K run.

Sports Leaders:

Sports Leaders work alongside our qualified Play Leader to support active sessions during lunchtimes. The aim of these is to engage children with different types of sports, keeping them fit and active through lunchtimes and reducing incidences of poor behaviour.

IMPACT:

Our curriculum aims to improve the physical and mental wellbeing and fitness of all children at The British School, not only through the sporting skills taught, but through the underpinning values that PE promotes. We aim for children to achieve age related expectations in PE and for children to enjoy sport and seek additional extra-curricular activities both at school and external to school. We also aim for children to show a good understanding of healthy eating and a healthy lifestyle.

Monitoring:

Impact is also measured in the way that we monitor, evaluate and review our PE curriculum. This starts with the class teacher, who monitors progress within weekly lessons and uses this to inform subsequent lessons. Teachers are able to quickly identify those not making progress and adapt their teaching to suit. The teachers also have the support of Atlas Sports coaches, who help to monitor the pupils' progress and use their expertise to support.

The subject leader consistently monitors the quality of teaching and learning of PE, using the following strategies:

- Monitoring planning.
- Monitoring assessment.
- Drop ins.
- Learning walks.
- Pupil Voice.
- Staff feedback and questionnaires.
- Adapting the yearly overview as required.
- Monitoring participation in extra-curricular and inter-school activities.

Monitoring the impact is an important way of maintaining quality and standards and to ensure there is clear progression throughout the school.

We are fortunate at The British School to have extensive grounds, including a Multi-Sports Astro Turf facility and large school field. We are constantly evaluating our facilities and resources to ensure they are safe and to a high standard.

A selection of equipment is available to support the delivery of each unit and this is replenished regularly. In addition to this, Atlas Sports coaches provide their own equipment. Our equipment is kept in the hall cupboard and in the pavilion. If any equipment appears to be defective the PE subject leader or SLT must be informed immediately. The PE subject leader uses the Sports Premium money to support the needs of the school.

Health and Safety:

The school must provide a safe working environment for children and staff. Every PE lesson should be based on sound safety principles.

This involves:

- A well-organised working environment.
- Close supervision by the teacher at all times.
- Familiarisation with any specific safety procedures by staff and pupils (i.e. when at the swimming pool).
- Correct use of equipment.

- Promoting understanding of how to set up and put away equipment safely and correctly.
- Appropriate dress for pupils and staff.
- Removal of all jewellery/watches.
- Long hair to be tied back.
- Ensuring the teacher is aware of any illness or medical conditions.

Dress Code:

All pupils are expected to adhere to the high standards of our uniform policy when dressing for PE. This includes the appropriately coloured House t-shirt, plain dark shorts and either black daps or plain trainers. In the winter, pupils are permitted to wear plain, dark jogging bottoms and sweatshirt. Football shirts/shorts are not allowed, nor are branded items of clothing. Pupils come to school wearing their PE kit on days on which PE is taught.

When representing the school, pupils wear kit provided by them by the school. The expectation is that they will return this clean and in the condition in which they received it.

When delivering PE lessons and extra-curricular activities, teachers are expected to wear suitable footwear and clothing which enables them to move efficiently.

Next Review: Feb 2026