

## **Physical Education Curriculum Statement**

At Birklands Primary School, we believe that developing:

- Independent learners
- Creative thinkers
- Socially confident and responsible citizens
- Cultural knowledge

Will provide our pupils with the positive powers to make a difference in their lives and break the cycle of deprivation associated with the area that we serve.

At Birklands Primary School, we recognise the need for a high-quality physical education curriculum which inspires all pupils to engage and enjoy a range of sports and physical activities as well as inspiring them to succeed and excel in competitive sport and other physically demanding activities. Our curriculum provides opportunities for pupils to become physically confident in a way which supports their health and fitness. We provide opportunities for our pupils to compete in sport and other activities which builds character, and which enable our pupils to embed fundamental values such as fairness, teamwork, and respect. This very much mirrors our Trust mantra of 'Work Hard, Be Kind'.

The impact of this is that through the teaching and learning of P.E. we:

- Develop competence to excel in a broad range of physical activities
- Encourage pupils to be physically active for sustained periods of time
- Build resilience and determination to succeed
- Engage in competitive sports and activities
- Lead healthy, active lives.

As a school, we follow the Rising Stars PE Champions scheme of work (which is in line with the objectives outlined in The National Curriculum). Each unit of work ensures progression of skills across the key stages. It also allows pupils to re-visit and consolidate key skills within each unit of work. Each lesson mirrors Rosenshine's Principles of Instruction. It considers prior learning, formative assessment and provides pupils with opportunities to practice their skills. Our provision for school swimming also includes water safety based on our school's close proximity to the local river. We also build partnerships with agencies such as The Royal Ballet and The University of Nottingham to widen our pupils' experiences of health, nutrition and physical education and to raise aspirations of the opportunities that sport and PE can provide.

To enhance the teaching and learning of PE, we currently out-source part of our PE provision to a specialist provider. This enables high level CPD opportunities for our staff and exposes our pupils to wider sporting opportunities. Our school also implements the Junior Sports Leader Scheme to promote independent learners and provide opportunities for pupils to demonstrate sportsmanship and leadership skills. We aim to maximise opportunities for cultural awareness and social responsibility through various theme days, and national initiatives such as Sport Relief. We also use topical events such as The World

Cup and The Olympic Games, as well as, celebrating the out of school sporting successes of individual pupils, as a tool to further inspire our pupils to become physically active and instil a life-long interest in sport and physical education.

Research from The Joseph Roundtree Foundation suggests that 'those living on lower incomes experience poorer physical and mental health'. Corbin et al (2008) define mental health and wellness as 'the absence of mental illness such as depression and the ability to cope with daily challenges in a positive, optimistic and constructive manner'. Using this definition, one of the many ways exercise can benefit mental health is by enhancing mood and reducing stress levels thus allowing us to tackle daily challenges in a more positive and constructive manner. Due to our pupils living in a socially deprived area, we aim to provide a variety of additional opportunities to promote health, fitness and mental health. For example:

- We offer a range of P.E. related activities for children during lunchtimes and at the end of the school day, which vary during the course of the year.
- We target groups of children to receive additional fitness activities based on data from The National Child Measurement Programme.
- We offer the opportunity for pupils to participate in competitive sports within the wider community.

We strive to ensure that our pupil's attainment is in line or exceeds their potential when we consider the varied starting points of all our children. Through our progressive skill-based curriculum we are measuring the children's ability and striving for them to meet their age-related expectations. We aim to ensure that our PE curriculum will equip children with the necessary skills and prepare them for the next step in their physical education and sporting life beyond primary school.