

Physical Education – Intent, Implementation and Impact

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

John F. Kennedy

Physical Education - Intent

At Thwaites School we understand the importance of physical education. Our intent is to deliver a curriculum that develops children’s knowledge and skills in a systematic way from the beginning of nursery until the end of year six. We have identified a select number of sports that will be covered each year. These sports include: football, multi-skills, dance, basketball, gymnastics, hockey, netball, orienteering, tennis, rounders, athletics, rugby and swimming. Each half-term, two of these sports are covered by each class. Lesson will be designed around carefully mapped-out knowledge and skills to ensure children build on prior-learning. This will allow children to approach each sport confidently, no matter which year group they are in and will ensure that, by the end of key stage two, all children will be well-prepared for their next stage in physical education. Beyond the knowledge and skills mapped out for each sport, we will also focus on fitness and health related to sport, discussing healthy eating, exercise and activities to develop and safeguard mental health. Our physical education curriculum will also take us beyond the school hall as we utilise local facilities, such as the football pitch and tennis courts at the village hall, developing ties with the community whilst also allowing children the opportunity to play their sport on full-size, professional facilities. Orienteering and cross-country lessons will take place in local woods and on local beaches so that children have the opportunity to develop mapping and communication skills in less well-known surroundings. Children will take part in local competitions with the intention of broadening their sporting skills to include teamwork, resilience, determination and good sportsmanship. Finally, the children will be given the opportunity to develop their outdoor and adventurous knowledge

and skills, once in key stage one through a day trip to an outdoor centre and once in key stage two when children enjoy their first overnight residential trip, taking them out of their comfort zone through activities such as crate-stacking and kayaking.

Physical Education – Implementation

Following the curriculum overview for each class, teachers design a series of lessons around the sports being covered using the physical education knowledge and skills progression maps. The unit begins and ends with an assessment activity to, firstly, determine the children's prior knowledge and identify gaps and finally to assess how successfully the children have attained the knowledge from the unit that has been delivered. Each lesson in a unit begins with a recall activity to help children remember the knowledge and skills they learnt in the previous lesson. Children are then introduced to the knowledge and skills they will learn next and how they develop and build on what they already know and what they can already do. Learning is adapted to ensure all children can take part fully in each lesson. Throughout each lesson children are supported to develop their skills and each child has the opportunity to self and peer-assess their progress, identifying areas to improve and to aim for their 'personal best'. All children are given the opportunity to demonstrate good practice to others and to lead activities. The lessons end with a return to the knowledge and skills, when children think critically about their achievements and 'POG rate' their progress on individual POG trackers, allowing children to identify their own areas of strength and areas to improve for future lessons. This practice guarantees all children learn all knowledge and skills for each sport systematically from nursery to year six. Whenever a lesson can be delivered using local facilities, wooded areas or beach areas, it is, developing children's sporting knowledge and skills beyond the school and in less-familiar surroundings. Swimming skills are prioritised in years five and six, when children participate in a 10-lesson block over the period of two weeks in the summer term, lessons are prepared and delivered by trained coaches and supported by Thwaites School staff with the aim of ensuring all children meet their swimming goals by the end of key stage two. An outdoor adventure day in key stage one is planned and delivered by professionals at Keppleway in Broughton-in-Furness and supported by Thwaites School staff and an outdoor two-day residential trip is planned and delivered by experts in the surroundings of the beautiful Lake District on the shores of Coniston lake, again supported by Thwaites staff. These trips develop children's adventurous skills in outdoor settings and promote team-work, calculated risk-taking and determination.

Physical Education - Impact

The physical education curriculum developed and delivered at Thwaites School allows children to learn fundamental skills and deepen knowledge in a number of key sports across the entirety of early years, key stage one and key stage two, developing confident and capable sportspeople. Children understand the importance of good physical health and mental health and are able to identify, discuss and practise ways to achieve both. Utilising local facilities, as well as areas such as the woods and the beach ensure children embed skills in less-familiar surroundings, strengthening their understanding of why the knowledge and skills they learn are important in real-world settings. Self and peer-assessment, support and challenge in lessons encourages children to strive for their 'personal best' and opportunities to lead activities develop leadership skills and confidence. Assessing their progress against the knowledge and skills they learn each lesson allows children to think critically about their progress, identifying strengths and areas of improvement to work on. Outdoor and adventurous activities promote wider physical education skills as do the opportunities to participate in local sporting competitions. As children prepare to leave Thwaites School in year six they will be fully prepared for their next stage in physical education having developed a vast sporting skill set and a deep understanding of physical and mental health.