

# The Bishops' Physical Education Curriculum



## **Intent:**

The National Curriculum states that a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. There should be opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect.

The National Curriculum emphasises that physical education is integral to a child's mental health and well-being. At The Bishops' we intend for all of our pupils to develop a positive and enthusiastic attitude towards the subject. By following the National Curriculum we empower children to:

Develop the competence to excel in a broad range of physical activities that include athletics, dance, games, gymnastics, swimming and outdoor and adventure activities.

Be physically active for a sustained period of time ensuring the government's target of children being active for at least an hour every day.

Have the opportunity to engage in intra, inter and county, when possible, competitive sports and activities through the Chelmsford and Essex School Sports Partnership.

Build a knowledge, understanding and desire to lead a healthy and active life.

Have the chance to be creative, work collaboratively and build resilience through sport and learn to be successful both independently and within a team.

Enjoy a curriculum that has in built progression as children move through their primary school life.

Be enthusiastic to the subject and build a love of physical activity and competitive sport.

## **Implementation:**

The Bishops' provides its pupils with a PE curriculum that teaches the fundamental skills of athletics, dance, games, gymnastics and outdoor and adventure activities.

The PE curriculum is mapped out over a long term plan and aligned with the competitions provided by the Chelmsford School Sports Partnership. This provides all children with a broad range of sports that are taught with age appropriate equipment.

The fundamental skills of athletics, dance, games, gymnastics and outdoor and adventure activities are planned to ensure clear progression between year groups and ensure previous learning is built upon.

All children take part in a minimum of two hours of PE a week.

There is a plethora of extra-curricular sports clubs both before and after school. There are extra-curricular opportunities for all year groups. These are provided by both school staff and outside agencies, are seasonal, aligned with the Chelmsford School Sports Partnership events calendar, help

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to decide pupil selection for competitions and create links with local clubs. Through these links children can progress further in a sport outside of school either as a result of their own interest or identified talent.

Children participate in the Chelmsford School Sports Partnership competitions allowing them to be both competitive and opportunity for participation.

All Year 6 pupils are trained by school staff, and with the help of the Chelmsford School Sports Partnership, to become play leaders. These assist Foundation Stage, lunch times and Sports Days.

Year 5 have the opportunity to receive swimming tuition and Year 6 are given a further chance if spaces are available. The aim is for all children to be able to swim 25 metres competently and be able to perform a range of strokes. They are also given training to perform safe self-rescue in different water-based situations.

Specialist coaching provide opportunities for teaching staff to develop their subject knowledge and staff attend training led by the Chelmsford School Sports Partnership.

### **Impact:**

At the Bishops' children are enthused to participate in competitive sport and lead a healthy lifestyle.

Children are competing in varying sports learning with good sportsmanship and respect. They experience both winning and losing and value the chance to work as part of a team.

All children are given the opportunity to represent The Bishops' at inter sport competitions.

Children have a range of sporting skills that can be applied across games, gymnastics, dance, athletics and orienteering, including tactical awareness.

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