

## **Physical Education**

*“We don't stop playing because we grow old; we grow old because we stop playing.”*

*George Bernard Shaw*

### **Intent**

At Balcombe CE Primary School we recognise the value of Physical Education and the impact it has in promoting long term, healthy lifestyles. We aim to provide all children with high quality, fun and engaging Physical Education lessons and sporting activities which are both enjoyable and challenging. Through our teaching of Physical Education, we will provide opportunities for pupils to develop values and transferrable life skills such as fairness and **respect**, as well as providing them with opportunities to take part in competitive sport. There will be opportunities to work co-operatively and collaborate with others as part of a team and for children to develop the **resilience** to persevere with activities that may once have felt out of reach.

### **Implementation**

All pupils in KS1 and KS2 receive at least two hours of Physical Education each week. For one of these hours we use real PE which is built around learning behaviours and fundamental movement skills with activities used to develop these skills. They are explored and developed through a range of individual challenges, personal best activities, co-operative and competitive activities and games. In addition to real PE in both key stages there are units of work providing progression focussing on gymnastics, dance, athletics and OAA. In KS1 we also focus on physical literacy skills to endeavour to provide every child with the key skills required to take part in specific sports later in the school. In KS2 the children take part in a range of invasion, striking and fielding or net/wall games. Pupils from Year 5 attend a weekly swimming lesson at Haywards Heath swimming pool. Year 5 and 6 have an annual residential trip during September in which they undertake a series of physical and challenging activities, including: assault course, kayaking, climbing, orienteering, dry slope skiing etc

We have a wide range of afterschool clubs including netball, basketball, tag rugby, football, hockey, girls football, gymnastics, cricket, athletics and stoolball. Some of these clubs link directly to inter school competitions organised by Mid Sussex Active, who also organise festivals which further increase the range of sporting opportunities we offer to the children eg boccia, badminton.

To develop leadership and communication skills, children in Year 6 children can apply to be par of the Sports Crew, which is a responsible role in encouraging younger children to learn how to play collaborative games, respecting rules and to be as active as possible during playtimes. Children selected are positive role-models for younger members of the school, organising lunchtime games and assisting with annual sports days.

We recognise the importance of being physically active throughout the school day so to reduce sedentary learning, the whole school has access to the 'Active Maths' program. Throughout the day classes also have the option to use brain break activities and challenges to increase levels of activity. We similarly encourage classes to use our 'Keep Moving' initiative, during which the children endeavour keep moving for 15 minutes loosely based on the Daily Mile initiative.

### **Impact**

Children leaving Balcombe School having:

- developed positive learning behaviours which encourage the children to take responsibility for their own health and fitness as well as developing their skills.
- Experienced a range of sports and activities both in school and through Mid Sussex Active events, which mean they have a positive attitude towards health and fitness.

- Taken opportunities to increase their participation in sporting activities by joining after school clubs and local sporting clubs.
- Enjoyed the chance to take part in competitive sporting events demonstrating **respectful** and **resilient** behaviour.