

PE Intent



Key Purpose:

Why is this subject important?

The aim of Physical Education is to promote physical activity and healthy lifestyles. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. All sports should build character; teaching children to cope with both success and failure in competitive, individual and team based physical activities. Children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. This helps to embed life-long values such as co-operation, collaboration and equity of play, linking in with our Christian values. Within dance, PE will allow children to explore their personal and emotional identity.

At Dennington School we aim to create a culture which inspires an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities that are key in supporting children's physical, emotional and social development.

We offer a dynamic and stimulating programme of activity to ensure that all children progress physically through a varied and fully inclusive PE curriculum. This encompasses children with special needs or with disabilities. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely yet imaginatively. All children have the opportunity to enjoy being physically active, maintain a healthy lifestyle and using the medium of sport, increasing their self-esteem. We aspire for children to adopt a positive mind-set and believe that they can achieve their personal goals with determination and resilience.

Key Principles:

What are the distinctive ways of knowing, working and learning in this subject?

- Pupils at Dennington School participate in high quality PE and sporting activities, typically having two 1 hour sessions weekly. Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses.
- We provide opportunities for all children to engage in many competitive sporting events, usually in the "High Suffolk Schools' Partnership". This is an inclusive approach which endeavours to encourage not only physical development but also well-being for all pupils. Dennington School may be small but we have a healthy competitiveness and we like our gold, silver and bronze medals! Children often find that they enjoy a sport more than they thought they would, when they have been part of a team competition. The competitions and leagues that Dennington takes part in include: rounders, football (girls' and boys' teams), basketball, cricket, tag rugby, netball, swimming, dance and cross country running. These competitions are often held at sports' clubs' grounds. Our annual Sports Day includes elements of competitive and non-competitive sports and fitness and is a great school community event.

- We provide the opportunity for children to learn how to stay safe by starting swimming lessons in Reception and continuing until children have become confident in the water, knowing how to keep safe and also meet the National Curriculum requirements of swimming 25m by the end of Year 6. This uses the local swimming pool, with qualified swimming instructors and is free to all pupils.
- PE at Dennington is taught by a combination of class teachers, PE specialists and qualified sports coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. In years 3,4,5 and 6 a qualified dance and drama instructor comes in for two terms to teach high quality dance sessions with the children, including rehearsing for dance competitions and performances.
- In line with the National Curriculum PE includes the opportunity to “take part in outdoor and adventurous activity challenges both individually and within a team”. Children at Dennington have the opportunity, in years 1,2,3 and 4 to take part in a 12-week programme of Forest Schools, encouraging adventurous challenges that build resilience and confidence. In years 5 and 6 children have the chance to go on a week-long residential visit to “Hilltop” in Norfolk, whose motto is “Challenge by Choice”. This is an amazing experience for the children where they can participate in activities such as High Ropes, climbing walls, belaying, air jumping, archery and more.
- PE lessons are on a planned cycle that includes a variety of team games, athletics, outdoor adventure activities, gymnastics and dance. We use the Suffolk PE Scheme of Work for high quality lesson plans and progression maps.

Expectations:

What does success look like in this subject?

Pupils will develop:

- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve high levels of performance and meet aspirational personal goals.
- High levels of physical fitness and a healthy lifestyle promoted by exercising regularly. The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young sportsmen and sportswomen, organising and encouraging each other, and evaluating what needs to be done to motivate and improve and instil excellent sporting attitudes in others.
- High levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others’ performance.
- An understanding that PE can have team and individual successes and failures, and the development of character through these.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.
- A keen interest in and enjoyment of PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in competitions and extra-curricular sports.