



## **Physical Education Implementation Statement**

At Bythams Primary School, we deliver an engaging and broad PE curriculum linked to the National Curriculum objectives. We provide opportunities for all our children to become physically confident in a way which supports their health and fitness, whilst also inspiring pupils to succeed in competitive sport. Through sport and other activities, we aim to help embed values such as fairness and respect.

Each class has at least one term of gymnastic and/or dance lessons taught at Witham Hall School. The lessons are taught by Witham Hall sports coaches, using their equipment and resources.

Every day, all children have at least 10 minutes of exercise led by their teacher, on top of their PE lessons. Pupils in EYFS are physically active for a substantial amount of the school day.

The national curriculum for physical education aims to ensure that all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Throughout Key Stage 1, our children will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. We aim for them to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Our children are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending

- perform dances using simple movement patterns.

Throughout Key Stage 2, children continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

We aim for them to:

- enjoy communicating, collaborating and competing with each other
- develop an understanding of how to improve in different physical activities and sports
- learn how to evaluate and recognise their own success.

Our children are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate
- apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance through athletics and gymnastics
- perform dances using a range of movement patterns
- take part in outdoor adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety are taught in KS2. Children in years 3 & 4 will attend a half an hour swimming session in the Spring term at Bourne Leisure Centre. Our children are taught to :

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively for example, front crawl, backstroke and breaststroke
- perform safe self-rescue in different water-based situations.

Extra-curricular sports clubs are also run after school. These have included: football, netball, sports, running, rugby and yoga clubs.