

Langton Primary School

Physical Education Curriculum



Intent

At Langton Primary School we want our children to love physical education and sport and to understand and appreciate the benefits that regular exercise brings. We want them to have no limits to what their ambitions are and have a desire to participate in sporting activities for the rest of their lives and aspire to being personal trainers, physiotherapists, nutritionists, sports journalists and even olympic athletes!

At Langton, we aim to ensure that every child has the opportunity to access at least 60 minutes of physical activity a day, while covering all aspects of the PE national curriculum. We believe, through experiences and a broad, balanced and progressive curriculum tailored to all children, they will continue to have the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for their engagement in physical activity, sport and PE. Our intention is to develop a lifelong love of physical activity, sport and PE for every child at Langton. We deliver an inclusive and aspirational curriculum that enables all pupils to access relevant learning through targeted support, resources used, materials and approaches whether as part of an S.E.N.D provision or for the wider school as part of our practice of assess, plan, do & review. We help all children to make rapid progress in their physical, social and mental development. This helps them maintain a positive physical and mental outlook for the future.

Implementation

Children at Langton undertake weekly PE sessions, taught by our PE coach and class teachers.

- Our PE coach and teaching staff ensures that our children receive quality first provision in all year groups including EYFS both during the school day and at a variety of sporting after-school clubs.
- Our PE coach also works regularly within EYFS to support the children's physical development, focusing on improving core strength and fine and gross motor skills.
- All children have the access to an inclusive curriculum. Support is provided for SEND children in line with other subjects and differentiated so every child accesses consistent opportunities and input across the school.
- Lessons are planned using the scheme of work from Sports Coaching Ltd and adapted accordingly. The lessons focus on improvement in performance, competition and social and mental development.
- A progression of skills is used with each year group, which enables pupils to build on and develop their skills each year for each area, with regular assessments in each lesson.

- Our lunchtimes at Langton are an important time for children to engage in physical activity and for all children to have the opportunity to engage in at least 60 minutes of physical activity a day. Sports Leaders organise a weekly sporting activity for the children to participate in.
- All children at Langton, have access to a variety of extracurricular activities such as after school clubs (daily) and through our membership of Malton School Sports Partnership and our close links with other schools, all year groups from 1-6 regularly compete in competitions and events.
- Children have the opportunity to participate in a wide range of competitions including football, rounders, basketball, cricket, multi-sports, cross country, gymnastics and tag-rugby. Our participation and success in sporting events raise the profile of PE further and creates even more enjoyment of physical activity. This links in with our intent of allowing all our children to be physically active for life and understand the benefits of this.
- Children in Years 3 & 4 participate in a swimming curriculum for 10 weeks a year. This is essential in teaching them this important life skill as well as life saving techniques. Children in Years 5 and 6 are invited to attend a residential trip where they will undertake various outdoor activities such as climbing, hiking, canoeing, gorge walking, and bouldering. We have also organised events with visitors leading whole school activities such as shelter building, survival/bushcraft and archery in our Leafy Glade woodland area.

EYFS

The Early Years Foundation Stage Curriculum and carefully planned provision are designed to support children's physical development. We offer daily playful opportunities for children to engage in physical activity both in and outdoors. Our children have access to free flow play for sustained periods of time and are encouraged to use our outdoor environment including our Leafy Glade forest school, mud kitchens, play equipment and sandpit. We access this environment all year round and in all weather conditions to support the development of gross and fine motor control, balance, coordination, confidence and problem-solving skills. We offer a range of healthy snacks and lunch options to develop the children's understanding of the importance of a balanced and healthy lifestyle.

Impact

The impact of this curriculum design will lead to outstanding progress in their performance, competition and social and mental development. Children will therefore be expected to leave Langton a well-rounded individual physically, socially and mentally and we aim for them to have reached at least their expected level in PE. We hope the children will understand the importance of physical activity, sport and PE and motivate children to become confident, resilient and disciplined, so that they become independent and take responsibility for their health and fitness throughout their life.