

# PE Intent, Implementation & Impact 2022-2023

## INTENT:

At Trannack Primary School we want all our children to understand their body, how to keep it healthy and develop a positive attitude towards physical activity, exercise and outdoor learning. We believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We will deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. They will also develop a sense of resilience, an understanding of how to compete positively and how to lose well. Our curriculum aims to improve the wellbeing and fitness of all children at Trannack, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes, alongside our Outdoor Learning and Woodlands lessons.

## IMPLEMENTATION:

- o PE at Trannack Primary School provides challenging and enjoyable learning through a range of sporting activities, including invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
- o With the support of Complete PE, our long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- o Pupils participate in two hours of quality PE lessons each week, one taught by our teaching staff, and another by an external provider (who also follows our long term plan). In addition, children are encouraged to participate in the varied range of extra-curricular activities. Lunch time physical activities are available each day and children can attend after school sport clubs two evenings per week.
- o Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children. We are also looking to develop a partnership with our 'sister-school'.
- o Each year a small group of children from Godrevy Class are invited to become Playground Pals/Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.
- o To enhance our children's experience of PE and provide opportunities for our children to engage in activities that they may not otherwise be able to do, we also offer a sailing club, surf days and are looking at other extra-curricular activities such as climbing and coasteering.
- o All our children have access to swimming lessons for a whole term each year.
- o We also use our grounds and woodlands to develop outdoor learning and forest school opportunities beyond normal physical activity, providing gardening and forest school clubs. These activities enhance our commitment to the emotional wellbeing of our children.
- o We are also looking into launching the "Daily Mile", to help meet the government target of all children being active for at least 60 minutes a day.

## IMPACT:

Children at Trannack will:

- Understand how their bodies work and the positive impact of physical activity on their body and their mind. They also take responsibility for caring for their own health and wellbeing.
- Know how to work as a member of a team; being able to collaborate with others, communicate clearly and solve problems.
- Be confident in themselves, be resilient, willing to take part and able to lose positively.
- Develop physical skills and attributes necessary for thriving in many areas in life.
- Develop an appreciation for the positive impact sport can have on individuals and groups, and some children may even grow to love sporting activities.