



Physical Education *at* **Northowram** Primary School

Inspiring Success Beyond Expectation



Intent

At Northowram Primary School we aim for our children to be physically active throughout the school week. Our intent is for every child to receive 2 hours of quality P.E along with further opportunities to be physically active during morning and lunchtime play underpinned by a bespoke curriculum which at its heart is designed to be challenging, inclusive and fully aligned to the national curriculum programme of study. Our before and after-school provision is intended to provide a wide variety of sporting activities. These activities will feed into inter school sports competitions and will include children from all year groups, regardless of ability or additional need. We will aim to provide a programme of high-quality swimming for our Year 5 pupils on a weekly basis in accordance with national curriculum requirements. We intend to fully engage with the national and local school sports programme, which will give our students the opportunity to take part in a wide variety of healthy sporting competition against other local schools. Our overall aim is simple: to provide every child at Northowram Primary School the opportunity to take part in a varied, dynamic and stimulating programme of sporting activity, where every child is valued equally.

Implementation

We provide our children with 2 hours of quality P.E. Our curriculum includes a variety of sporting opportunities which will include: tennis, hockey, basketball, cricket, athletics, rounders, dance and gymnastics. During our lunchtime play we provide a variety of sports inspired activities which will include basketball, football, skipping, and cricket. Every child in our school is given the opportunity to take part in these activities allowing them to be physically active at a time where traditionally, some children can be at their least active. We will provide equipment and resources which will facilitate the implementation of these additional lunchtime activities. Our before and after-school sports provision will give the children at Northowram Primary School the opportunity to take part in a wide variety of sporting clubs and activities. These clubs include dance, gymnastics, tag-rugby, karate and netball. We provide weekly swimming lessons for our year 5 pupils at our local swimming pool. Each year 5 class receives circa 19 hours of high-quality swimming tuition, provided by experienced and qualified swimming instructors. At Northowram we engage with the local and national School Sports Programme. This allows our students to participate in a wide variety of competitive sporting opportunities against other schools in the local area, with various pathways through to county and national finals.

Impact

We aspire for our children to enjoy PE and develop a love of sports and physical activity which becomes part of their future life outside of primary school. By the end of KS2 children will leave Northowram Primary School with a broad experience of many different sports and the knowledge and understanding of the benefits of physical education to go on to live happy and healthy lives.

The P.E curriculum at Northowram, along with our lunchtime sporting opportunities and after school provision promote and develop fundamental movement skills along with sports specific skills that are transferrable between different sports. Our children learn to move in a variety of ways, they learn to hop, skip and jump, they also learn to run at different speeds and durations with control and accuracy. The children also develop sound spatial awareness skills that allows them to compete in a variety of sports in a meaningful way. The children develop throwing, catching and striking skills, using a variety of different equipment that align to specific sports. The children also develop an understanding of basic attacking and defending principles, which will allow them to make a greater contribution when taking part in team-based games. Our year 5 children develop a variety of swimming and water safety techniques which allows them to meet the national curriculum requirement of swimming 25m without water aids. The PE curriculum, lunchtime play and after school provision at Northowram, along with PSHE and science, are designed to teach the children the importance of healthy living and the importance of good nutrition, the children also learn to observe the conventions of fair play, honest competition and good sporting behaviours. Our children also learn and develop life-long values such as co-operation, collaboration and equity of play.