



## **Physical Education Rationale**

Beechwood C of E Primary School values the importance of a balanced Physical Education curriculum that enables our pupils to develop competence in skills such as running, jumping, throwing and catching through specific and thorough teaching; it provides opportunities to apply these skills to sports and games and then put them into practice within a competitive environment.

Pupils have the opportunity to be creative and build on specific teaching with their own ideas and interests. There will be obvious evidence of progression of skills and knowledge throughout our school.

As they move through school, pupils are able to view their PE sessions as a time to practise and master skills, learn from their mistakes and embrace opportunities to challenge themselves further. They view this with pleasure and enjoy the freedom, both physically and mentally, that can come with using their body and mind in a different way. Pupils are given opportunities to understand that although they may find some aspects of PE challenging, there is a place for everyone to feel confident and find an area in which they excel.

Working collaboratively alongside their peers is a key focus within PE sessions; through sharing ideas, demonstrating teamwork, being supportive of their classmates and beginning to look at tactics within team games.

Pupils access swimming lessons once a week during the Spring and Summer Terms in Year 3. During the Autumn Term of Year 4 they consolidate their progress in weekly swimming sessions in order to achieve the minimum expectation of being able to swim confidently and competently for 25 metres.

There are opportunities for our pupils to take part in both inter and intra-school competitions. There are regularly planned opportunities each term for inter-school sport competitions in a variety of activities, allowing pupils to access facilities at different venues outside of their immediate locality and compete against their peers from other schools in and out of their local area.

EYFS pupils have access during the Summer Term to an accredited 'Balanceability' programme delivered by high quality coaches alongside school staff which promotes and develops their fundamental motor skills, balance and co-ordination as well as their self-confidence in riding a bike in a fun and safe environment.

In addition to curriculum PE we offer our pupils across the school a varied selection of after-school sporting clubs on a half-termly basis where they will receive high quality instruction and coaching – often in preparation for inter-school competitions.