

Physical Education Statement of Intent

At Locks Heath Junior School, we aim for children to gain a better knowledge and understanding of the importance of a healthy active lifestyle by participating in a wide range of activities. Through both team and individual activities, children will become inspired and passionate sports people who can work well independently and as a team. They will persevere with challenge and learn how our bodies work to enable us to exercise and maintain our physical and mental health.

We want to enable *all* children to:

- Provide life-long enjoyment of physical activity to equip and prepare them with the skills and knowledge to reach their full potential. Enabling them to become successful and educated global citizens.
- To develop a self-awareness of how to maintain a healthy lifestyle, including diet, physical and mental health. (heart rate, warm up and cool down, safety)
- Learn about diversity within sport, looking at Paralympian's, Olympians and inspirational sports people through reading, research and discussion whilst developing pupils cultural capital.
- Increase confidence, knowledge, **perseverance** and participation in a wide range of activities.
- Offer cross curricular opportunities to develop skills.
- Offer them the opportunity to take part in competitive activities, developing their knowledge of fair play and sportsmanship within sport.
- Give them an understanding of the benefits of physical activity and its impact on mental health and wellbeing.
- All children to enjoy an ambitious and inclusive curriculum (including children with SEND) with elements of challenge for all abilities.
- Include the whole school community and beyond to raise the profile of sport.
- Have an understanding and appreciation of how to make sport accessible for all.
- Be able to evaluate and **reflect** on own success and others success.
- To develop physical and mental resilience.
- To build upon skills outlined in the national curriculum through participating and revisiting in specific sports and activities throughout KS1/2.

Safeguarding

There are lots of opportunities to approach the teaching of safeguarding within PE at Locks Heath Juniors. We place high value on the importance of teaching children these strategies to keep themselves physically and emotionally safe and to take safe risks. Techniques for the safe moving and carrying of equipment is shown and taught. When children are changing for PE upper school children are in gendered rooms, teaching children the importance of privacy and encouraging children to have a positive body image for themselves and each other. This is carried through into their PSHE lessons. Additionally, children are taught drowning prevention and lifesaving skills in their bi half termly swimming lessons. When changing for swimming, children are taught about the importance of privacy. Through the teaching of protective behaviours, children are taught about 'safe and unsafe choices' and this is also encouraged and considered in PE lessons when playing a range of sports. Children also learn how they can safely use different parts of their bodies in a range of games and sports. By inter-linking different areas of the curriculum, we ensure that our children are ambitious sportspeople, who can responsibly make decisions and choices, to keep themselves and others safe in PE lessons.

Implementation:

- Teachers to attend CPD and develop their own practice, seeking help from experts where needed.
- Teachers to ensure inclusivity for all, including children with physical and mental disabilities.
- Subject leader / teacher to ensure wide range of sports / activities over the KS2 curriculum.
- Teachers to model healthy lifestyles including warm up, diet, heart rate, mental health (links to Jigsaw)
- Teachers to use progression document to assess children in their learning
- Teachers to promote diversity by celebrating different sports people and their achievements

Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

Set your goals high and don't stop until you get there"

Bo Jackson – American Footballer/ Baseball player

It doesn't matter what your background or where you come from, if you have dreams and goals, that's all that matters.

Serena Williams - Tennis

There's no wrong or right fitness. It is whatever you enjoy and whatever you can keep up and keep doing.

Joe Wicks – Health and Fitness Guru

I'm not the next Usain Bolt or Michael Phelps, I'm the first Simone Biles.

Simone Biles - Gymnastics

