



## **Subject Statement 2024-2025**

**Subject: PE Leader: Leanne Whitford**

**Quote that guides us: "A healthy mind in a healthy body."**

### **Why is it important to teach PE?**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. (National Curriculum for PE 2014)

We believe that it is important for children to be healthy and fit and PE contributes to this. We want the children to be physically active regularly and we hope that school helps them to form life-long habits. We believe that, when Early Years and Primary Physical Education are taught well, that they lay the foundation for a healthy lifestyle. We want children to understand the importance of exercise and also other ways to keep healthy and fit. We also recognise the importance of physical activity in supporting mental health. We believe that Physical Education contributes significantly to children's learning and development across physical, social, emotional and cognitive domains.

### **Links to our Curriculum Drivers**

At Portreath School we have devised a PE curriculum that matches the ambition of the National Curriculum and embodies the elements of our school motto: Be curious, creative and courageous to grow and make a difference.

We want children to be **curious** about how to keep healthy and fit. We want them to be curious about their body, what it can do and how they make themselves stronger, fitter and more agile. We want them to be curious about how exercise improves physical and mental health. We want them to be curious about different sports and physical activity.

We want children to be **creative** in their thinking and PE supports this. They get to be creative in activities such as dance and gymnastics in terms of expressive arts. However, we also want them to think creativity in teams sports, thinking strategy and tactics.

In PE it is about being **courageous** and having a go. We want try to show courage when trying new activities and pushing themselves to achieve personal bests.

### **Key Concepts:**

- Having a healthy body is important and exercise and activity helps us to stay healthy
- Sport and physical activity is for everyone
- Everyone can improve their skills through hard work and practice and that we need to focus on personal bests
- Competition is an important part of sport and we all need to learn to win and to lose
- That skills in sport are transferrable to other sports but also other areas in life
- Working as part of a team is important in sport and in life
- Physical activity also supports our mental health and helps us to be happy
- That physical movement can bring us joy



- It is important to understand how our body works and how we can keep it healthy

### **What we do well as a school:**

We have an experienced sports coach at our school. She delivers the majority of the PE with the teachers supplementing this with regular physical activity. The sports coach and teachers use 'Complete PE' as a key resource to form their lessons. There is a clear progression of skills across the school and children display a good level of skill.

The school is involved in competitive sports at various levels both within and outside school. The school is part of the Crofty MAT and a sports lead for the MAT organises MAT competitions that lead into the Cornwall Games. As a small school we do particularly well in competitions and swimming is a particular strength of the school.

We like to have visitors into school, including sports specialists in sports such as netball, cricket, rugby, skipping, football and tennis. We also make use of local secondary school's facilities.

We are continually building on our playtime and lunchtime activities; we offer a variety of apparatus and equipment to challenge all age groups and stages of physical development and motor skills. This allows us to contribute towards a child's recommended physical activity of an hour a day (within school hours). We believe in developing fine and gross motor skills, balance, core strength. Furthermore, we believe that allowing children to have quality physical experiences outside, allows the children to connect with the outdoors and create a lifelong love of being outside.

### **Curriculum Design and Using the PE and Sport Premium Funding to Make Sustainable Improvements**

The sports coach has created a long term plan for the school and using 'Complete PE' as the guide. This scheme helps to support us in achieving the following five key indicators:

- Increased confidence, knowledge and skills of all staff in teaching PE
- Engagement of all pupils in regular physical activity
- The profile of PE and Sport is raised across the school as a tool for whole school improvement
- Broader experience of a range of sports and physical activities offered to all pupils
- Increased participation in competitive sport

The Complete PE scheme of work, supporting resources and in-built training supports the school to ensure that all teachers feel confident to enjoy teaching Physical Education. This means that by implementing Complete PE, schools are making a big impact in Key Indicator 1.

Using Complete PE, all of our lessons and units promote highly active participation from all pupils, inspiring pupils to want to lead healthy active lives. We monitor and record the activity levels of all pupils, enabling schools to see impact under Key Indicator 2.

Because Complete PE has success outcomes (physical, cognitive, social and emotional) that will challenge the personal development of every child, Complete PE is therefore supporting whole school improvement, helping every child to succeed. This ensures that schools make a significant and long-term impact under Key Indicator 3.



The content of complete PE has help us to design a broad and balanced curriculum, ensuring that learning is well sequenced and pupils are given enough time to learn. This meets the objectives schools under Key Indicator 4.

All of the units of work conclude in a celebration of learning! With links to the Schools' Games website imbedded into the units of work, Complete PE will support every school to increase their participation in competition, generating impact under Key Indicator 5.

Please see our Sports Premium Document for other ways in which we achieve these 5 indicators, because our PE lessons are just part of achieving success.

## **7 Golden Threads**

PE develops the whole child, each term there is a multi-ability focus. In PE we have 7 golden threads that weave through all lessons across the school:

- \* Personal
- \* Social
- \* Cognitive
- \* Creative
- \* Physical
- \* Health and Fitness
- \* Everyone Active

## **Resources**

We have a large range of sports equipment. We have a PE cupboard in the school hall and a shed of sports equipment outside. We also have a 'huff and puff shed' that has equipment for the children to use at lunch and playtime. Due to the Sports Premium a large amount of money has been invested over the last 10 years in resources. Supporting the REAL programme, there are various resource cards and specific equipment that supports it.

## **Training**

Due to the Sports Premium we have been involved in a range of training over the last 10 years. The sports coach regularly attends training and disseminates this to other staff. A number of staff have completed Real PE training and recently the sports coach led training on the use of the online platform, 'Jasmine'. Recently a number of staff undertook yoga training.

## **What does monitoring tell us?**

Children are very positive about sport and exercise. The majority of children are physically active a break times and lunchtimes. They understand the importance of physical activity and enjoy the range of sports and activities on offer.