

Physical Education Firsy Foundation

Intent

At Firs Primary school, we are committed to providing all children with a range of learning opportunities to engage in Physical Education. We promote and encourage active and healthy lifestyles through high quality teaching of physical skills, physical development and knowledge of the body in action. Physical Education builds confidence, perseverance, team spirit, positive competitiveness and organisation. We deliver a programme of PE that builds fitness, improves strength and teaches children the rules of games.

Physical education at Firs provides opportunities for children to gain a sense of achievement and develop positive attitudes towards themselves and others, with focus on three main areas: head, heart and hands.

PE lessons focus on the progression of vocabulary and develops acceptance, tolerance and equality through inclusive activities.

Through PE lessons, children develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly chal-

Implementation

PE has been carefully mapped throughout the school, with a clear focus on the progression of skills across year groups. All classes have two hours of PE timetabled each week, where they can make use of the playground/hall to deliver high quality activities and structured PE lessons, building a balance between indoor and outdoor PE.

Through high quality planning provided through Derby SSP, staff deliver engaging PE lessons. The Sports Coach regularly provides additional opportunities for extending the PE curriculum through lunchtime and afterschool sports clubs. In year 3, children participate in swimming lessons, which are delivered by qualified swimming instructors, with additional swimming lessons provided to Year 6 children in the summer term.

To increase enjoyment and participation in PE, we celebrate weekly successes through PE stars of the week, which are presented during our Gold book assembly. PE stars of the week are given to those children who show attitudes linking to the three areas of assessment: head, heart or hands.

To encourage inclusion, class teachers ensure that spare PE kit is available for any circumstances where a child does not have their own in school. Lessons provide good quality experiences that are suitably challenging for all pupils. Children undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities. For children with limited gross motor skills, the integrity of activities will be maintained and expectations will take into account the individual needs of pupils. For the purposes of competitions, all children will be given the opportunity to participate in the experience. For any gifted and talented children, or those with a particular interest in PE, the opportunity to become a mini leader during playtimes and lunchtimes to deliver physical activities to their peers is available.

Impact

From each PE lesson, we expect to see three main outcomes: the children's thought processes during the lesson (head), their sportsmanship (heart) and their skill level ability (hands). Children are assessed against each area at the end of every half term. All staff have access to the assessment excel document from the school's learning platform.

Head:	Heart:	Hands:
Thinking	Social	Physical
Creativity	Emotional	Competent
Understanding	Health	Development
Analysing	Values	Active
Confidence	Attitudes	Growth
Decision Making	Involvement	Competitive
Independent Thinking	Engagement	Physically Literate
	Active Lifestyle	

The quality and provision of PE are consistent across the school, with termly monitoring from the PE co-ordinator and supported by a member of SLT.

Monitoring is done through constant adaptation to the action plan, lesson observations and assessment scrutiny.

The monitoring provides indication for further development in PE, with the opportunity to use INSET days to plug any whole school gaps.