



# Physical Education



## The Intent, implementation and Impact of our PE Curriculum

PE at Abbey Hulton Primary aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is integral to leading a healthier lifestyle. Physical education teaches self-discipline, teamwork and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

### Intent

It is our intent at Abbey Hulton to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

### Implementation

Pupils participate in two hours of timetabled PE lessons each week. Key Stage 2 classes attend Swimming Lessons alongside their PE lesson. Our PE Long Term Plan has recently been revised to focus on the development of skills and mastery of techniques. Our extra-curricular provision incorporates a variety of exciting sports to ensure that all children develop in confidence, resilience and the appreciation of their own areas of strength and areas of development. We provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events throughout the school year. We hold a wholly inclusive approach to PE which endeavours to encourage not only physical development but also well-being amongst for our pupils.

### Impact

Our curriculum aims to improve the wellbeing and fitness levels of all children, not only through the sporting skills taught but through the underpinning values and disciplines that the subject promotes. We incorporate the six School Games Values of **passion, self-belief, respect, honesty, determination and teamwork** into our lessons and sporting achievement is celebrated in school.

Growth mind-set is integral to our teaching and learning ethos at Abbey Hulton. Pupils are taught about self-belief and learn to take ownership and responsibility of their own health and fitness. Our impact is to ensure that we have provided a curriculum that helps children to enjoy physical activity and embrace challenge so that they can go on to live healthier, happier more active lifestyles.

