



## Physical Education Subject Intent

### **AIMS (In line with our PE Policy):**

#### **Physical development:**

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- To appreciate the value of safe exercising.

#### **Social and emotional development:**

- To develop a love of physical exercise.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.
- To develop a sense of fair play.

#### **Cognitive development:**

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop the ability to communicate with others non-verbally using the body.
- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To understand that using the correct technique will improve accuracy and individual performance.
- To be able to evaluate performance and act upon constructive criticism.

#### **Spiritual, moral and cultural development:**

- To develop a positive attitude to themselves and others.

- To experience a range of differing activities and realise that physical activity doesn't have to be about winning a competition - doing your best is as important.
  - To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.
  - To treat team members, the opposition and the referee with respect.
  - To raise self-esteem through opportunities to celebrate sporting success
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### How we support the needs of *our* children through teaching PE:

- **Experiential learning** – Our curriculum exposes children to a range of sports with some opportunities for children to work with sporting professionals. At least once a year (over a term), children will play and learn about alternative sports.
  - **Self-esteem** – We provide opportunities for children to work both individually and as part of a team to build confidence. This may be throughout PE lessons or afterschool clubs and fixtures.
  - **Resilience** - Children will have opportunities to progress in sports – treating difficulties as learning processes. Children are taught to reflect after some sessions with self and peer evaluation.
  - **Cultural understanding** – Children will have opportunities to learn about different sports encouraging diversity. Children will also be encouraged to act against discrimination, prejudice and stereotypes when playing sports.
  - **Social skills** – Children will have opportunities to discuss and interact with peers during PE sessions including after school clubs and additional events (e.g. sports day).
  - **General knowledge** – We will teach children knowledge about a variety of sports, skills and sporting rules.
  - **Oracy skills** – children are taught explicit PE vocabulary across the school and we promote the use of this in everyday life.
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### How do we teach PE at Nova Primary?

Enjoying sports and exercise is something that we hope all children get from their time at Nova Primary School. It is an area of the curriculum that helps keep them healthy throughout their lives and supports their development of teamwork and communication in a fun way, making them a Lifelong Athlete.

All children participate in two hours of PE lessons each week. The medium-term planning document, kept on the school network, indicates the activities that children are involved in during each term. One lesson is taught by sports coaches (Progressive Sports -PPA cover) while the other is taught by class teachers using their knowledge of their pupil's abilities and GETSET4PE planning.

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### How do we assess PE?

When appropriate, class teachers should carry out formative assessment, in each lesson, to help pitch the learning activities, based on the lesson objective, and to accurately meet the needs of all pupils.

- Summative assessments are made by the class teacher and Progressive Sports at the end of each unit of work (usually the end of each half term). The statements, outlined in our Skills and Knowledge Progression Document, should be highlighted to show coverage.
- Teachers will also complete a PE Assessment Grid each term to determine which children are working towards expectations, working at the expected standard and working at greater depth.
- Videos and photos will be tweeted termly using our #novasportsstars. These will be used to celebrate our learning!
- The PE leads will monitor the implementation of Nova's PE curriculum through regular, termly, lesson drop-ins. Teachers will be provided with feedback to support the consistency and progression of taught skills in EYFS, KS1 and KS2. PE leads will collect pupil voice to gain a perspective of practice across the school.

### Early Years at Nova

In Early Years Foundation Stage children will develop early stages of gross motor skills that provide the foundation for developing healthy bodies and social and emotional well-being. **Gross motor control and precision helps with hand-eye co-ordination, balance, and spatial awareness** that is taught discreetly during daily continuous provision sessions. For example: outdoor climbing, dance, obstacle course and daily use of the bikes. More structured and skill based PE sessions occur once a week, which explicitly teaches fundamental skills such as jumping, throwing, catching with elements, of dance, multi-skills and athletics. All of which are taught by Progressive Sports- qualified PE coaches.

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### Swimming

Pupils in Year 4 receive weekly swimming lessons (for half a year) with the aim that by the end of Year 6 all children are able to swim a minimum of 25m unassisted. These lessons run throughout the whole year but alternate between classes in each year group, giving the children the opportunity to take part in other sports throughout the year too.