



Physical Education at Thrupp Primary School

Our Intent:

At Thrupp Primary School, we want all our children to have a love and understanding of PE, sports, activities and health; to be sports people who are ready to address all the challenges life presents us and understand the importance of choosing to be active whenever possible throughout their lifetime.

Our curriculum is designed to take children on a journey which starts with the fundamental skills of movement; agility, balance and coordination and a focus on inclusive competition. It is our intent that all pupils will enjoy, succeed and excel within PE. We will provide opportunities for pupils to use their Thrupp Learning Powers of **Resilience, Curiosity, Reflection, Aspiration** and **Relating** in physical challenges in order to promote physical health and wellbeing.

In our 'Be The Best Fridays', the children will have additional physical opportunities within PE and Forest School sessions. Children will also be given opportunities to represent their school in both competitive and non-competitive activities, promoting our Learning Powers and modelling the British Values.

The central focus of all our learning is the child, ensuring every child is involved in every part of each lesson, no matter what their initial skills sets are. Our hope is that each child leaves the lesson with happy memories and a passion for more knowledge and practical experiences in the future. We achieve this by providing a rich, diverse curriculum, underpinned by our school's motto: "Doing Our Best To Be Our Best" enabling every member of the school community to have a 'Lifetime Love for Learning'.

Our Implementation:

In addition to being integrated into many other curriculum areas and during numerous points of the day, Physical Education is discretely taught each week.

Physical education starts in EYFS and Key Stage One, where it is embedded into continuous provision, with the children being presented with opportunities to develop gross motor skills, physical strength, balance agility and coordination on a daily basis. In PE lessons the children experience a multi-ability approach, with an emphasis on the fundamental skills of movement. Throughout the lessons, children will be exposed to inclusive competition and sharing of performances. The Thrupp 10 increases resilience and provides opportunities for children to relate through physical activity. Our KS1 children take part in this daily activity.

In Key Stage Two we build upon the skills already covered and we explore a broader range of sports and activities, firstly through recognised adapted activities and then when appropriate we move onto recognised modified games such as netball, lacrosse, rounders, tag rugby, and cricket. By the end of each block of work on an activity, the children will have experienced competition or display work.

We start teaching gymnastics, dance, ball skills and athletics in Reception, and continue to revisit these specific activities each year in order to ensure depth of knowledge and increasingly develop skills.

In Lower Key Stage Two children will take part in swimming lessons and they will be invited to further lessons if they are unable to swim 25m at the end of the block.

Throughout their school journey we also follow the PE PAL curriculum which teaches children the learning behaviours that support good sportsmanship: personal skills, social skill, cognitive skills, creative skills, physical skills and health and fitness.

Throughout the school the children experience both intra and inter-school sporting competitions and performances, such as the school Games festivals, Dance, as well as TK events (Local secondary school) and local fixtures.

Physical Education, physical activity and sports are a highly valued part of life at Thrupp, with staff regularly looking for opportunities to develop learning whilst being active. Our 'Be The Best Fridays' builds upon sporting opportunities and wellbeing.

We also run a range of extra-curricular clubs and have a particularly close relationship with the coaches at Gloucestershire cricket and Rugby as well as close community links with Forest Green Rovers Football Club.

Impact:

Through sports our children learn the value of teamwork – to care for one another, to trust, to support their team and to play fairly. The children embed values such as respect for each other, the umpires, coaches and all young leaders involved. They are competitive but also understand the value of participation, so they have the courage to put themselves forward and try new opportunities. Inclusion is of vital importance; every child is given the opportunity to learn within lessons and to compete and represent the school. Through our PE curriculum, children develop strong personal skills of perseverance, personal challenge, leadership skills and to describe the basic components of fitness. Our Year 6 pupils are all trained as Sports Leaders and their skills are utilised through school lunchtimes and PE lessons.