



Physical Education

Intent

Our curriculum has a clear vision of what we want our children to learn and achieve across the school, our curriculum is ambitious for all learners and enables them to make good progress. We intend to teach focussed skills early in KS1 and then develop these through their school journey into upper KS2 where they will be competently playing competitive matches with leadership, control and understanding of the rules and tactics (Owl).

South Ascot Village School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We will educate all children the importance of exercise as a healthy way of life and the reasons why we warm up prior to exercise to avoid injuries and enhance individual performance. We also want to teach children how to cooperate and collaborate with others as part of an effective team (bee), understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at South Ascot Village School, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Implementation

We need to ensure that there is coverage across all year groups so that the skills we want to be developed can build on prior knowledge. Our long-term plan is based on a structured framework from year 1 through to year 6 and is a gradual build up of skills and competencies striving for strategic game play abiding by rules in Year 6.

PE at South Ascot Village School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, striking and fielding games, gymnastics, dance, swimming and outdoor & adventurous activity. The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term, one of which will be taught by a PE specialist. Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children (bee).

Each year, a small group of Year 6 pupils (sporting role models for the younger children), assist with our annual Sports day and any other Sporting activities. Children participate in an annual whole school charity sporting activity for Sports Relief. All year groups (from Reception to Year 6) swim twice a week for the duration of the Summer Term and culminating to the Borough Swimming Gala.



South Ascot Village School - Curriculum

Throughout the year, Children will participate in various Inter house competitions to add value a purpose to skills leant throughout their PE lessons. The “Daily Mile” is completed by each group, to help meet the government target of all children being active for at least 60 minutes a day.

Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own emotional health and fitness (butterfly), many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. We strive to provide children with the foundation skills to grow up and live happy and healthy lives, utilising the skills and knowledge acquired through PE.