

PE Statement

Intent

Learning in Physical Education is underpinned by our Core Values and the statutory requirements of the National Curriculum/Early Years Foundation Stage. From our curriculum, pupils will become physically educated through experiencing a range of activity areas that:

- develop creativity
- develop resilience in order to succeed and excel in physical activity, physical education and school sport
- develop physical confidence and competence in a range of physical activities
- develop communication and co-operation skills in order to collaborate effectively
- help to embed values such as fairness and respect.

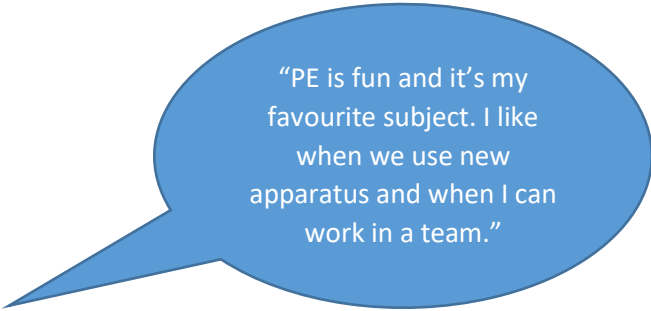
Here at Uplands, we recognise the importance of Physical Education and the role it has to play in promoting long-term, healthy, active lifestyles. It is therefore our aim to ensure our Physical Education curriculum is accessible and enjoyable for all of our pupils in order to help them to achieve their physical capabilities and develop a lifelong enjoyment of physical activity.

We encourage participation and competitiveness and we provide our pupils with a variety of physical opportunities both within PE lessons and at lunchtime. As well as this, we organise sporting opportunities inside and outside of school allowing pupils to be active, practise their skills and collaborate with others. We are part of Hampshire Schools Games, which we have recently been awarded with Bronze status. Our children in Key Stage 2 have opportunities to take part in sporting competitions with other local schools. Across the school, children also take part in in-house competitions as part of the PE curriculum.

We wholly embrace and celebrate sporting achievements outside of school and children have the opportunity to share this success and work ethic with the school. We signpost individuals to club links, so that children have the opportunities to thrive in sports and activities outside of school. An example of this is signposting to Fareham Gymnastics school, Fareham Hockey Club and Fareham Nomads Swimming Club.

Implementation.

Uplands' pupils participate in two PE sessions per week, including high quality PE and sporting activities. Our PE programme incorporates a variety of skills and sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. In our curriculum, we aim to deliver high-quality teaching and learning opportunities, ensuring pupils are physically active for the majority of PE lessons, and stretch and challenge all pupils to be the best they can be.



“PE is fun and it’s my favourite subject. I like when we use new apparatus and when I can work in a team.”



Assessment undertaken by all teachers within PE lessons informs planning in order to build on pupil's capabilities and support those in need. Teachers use and adapt whole school PE planning and additional resources based on their assessments to ensure lessons are in line with our PE progression of skills document. Classes follow the PE long term planning to ensure pupils participate in a variety of sports and where topics allow, we link PE to cross curricular topics to facilitate meaningful learning and demonstrate that physical activity is relevant across many areas of life. To ensure all staff are up to date with knowledge and skills and are therefore competent to teach PE effectively, our teachers are regularly supported with a diverse range of professional development, such as Certified British Gymnastics training and Yoga training, and are supported by our school PE lead whom monitors and supports teachers and works alongside HCC to disseminate the very best practise.

Outside of school, Uplands' pupils participate in an array of sports and their physical accomplishments are shared and celebrated within our school community. Within school, all pupils have opportunities to engage in progressive, competitive, challenging and co-operative physical activities through inter school competitions such as swimming galas, Hockey tournaments and additional events held by Hampshire School Games. Furthermore, we provide our pupils with many opportunities to engage in extra-curricular activities after school. These include after school sport clubs run by specialist coaches for each of our cohorts in addition to the competitive sporting events which take place throughout the year. To further maximise opportunities for pupils to be active during the day, we provide safe, structured and fun activities at lunchtime which engage pupils and introduce them to new and exciting games. This is achieved through lunchtime supervision as well as zoning our outdoor area. As well as this, we train and deploy play leaders to organise and lead activities each day.

During Year R, our children receive the cycling programme: balance ability in order to develop confidence and cycling skills from a young age. As pupils at Uplands progress into KS1, pupils are provided with scooter safety training, delivered by professional instructors, to encourage them to travel to school actively and safely. Similarly, KS2 pupils are provided with bike ability training to ensure all pupils have the practical skills and can cycle safely on today's roads. In line with government expectations, Year 5 pupils are given swimming provision of swimming lessons for a whole term; we have extended our swimming provision into Year 6 so that pupils not meeting the standard by the end of Year 5 have had an additional opportunity to do so. Our children also benefit from physical event days in which we organise to provide our pupils with a fun and engaging way to be active whilst developing their team building skills, the most recent examples including a sponsored athlete day and a whole school Skipping event day.

Impact

At the end of Key stage 2, our pupils' success in PE can be demonstrated most of all through their enjoyment of being physically active and importantly, their knowledge and understanding of how to make decisions around leading a healthy and active lifestyle, in line with our Healthy School status. Evidence of strong outcomes is also reflected in our pupils' ability to face and overcome challenges with confidence and their mutual, respectful manner towards their peers. We ensure that by the end of key stage 2, our pupils are motivated to undertake physical challenges and utilise the skills they have learned to live happy and healthy lives. We strive for our pupils to be well-equipped to take ownership of their own fitness and well-being and to make decisions about how to stay safe.



I really enjoy celebrating my achievements in the sports I do outside of school, with my friends and teachers.

Athlete Day was so much fun. We got to work hard and get sponsored for doing exercise. Our school raised over £2500 for school PE equipment, and we got to meet Kelly Simm!