



Thurton

Church of England VC Primary School

Enjoy, Achieve, Believe



PE: INTENT

At Thurton C of E Primary School, one of our main curriculum aims is to provide a solid foundation to enable children to be confident in leading their lives in a healthy and safe way. We believe that our PE curriculum provides opportunities to inspire, motivate and equip all pupils with the knowledge and skills necessary to lead a healthy lifestyle and continue with physical activity for life.

Our aims:

- High engagement of all pupils in regular physical activity each week.
- Every child should leave our primary school able to swim.
- All pupils have opportunities to engage in competitive sports and activities within school and outside of school.
- A 'togetherness' culture will be promoted across the school.
- Our outside area promotes physical activity during break times which supplements our curriculum offer.
- Our Collective Worship supplements our PE intentions by helping embed values like respect and fairness.

CHARACTERISTICS OF A GOOD PE LEARNER AT THURTON C OF E PRIMARY SCHOOL

- **GOAL SETTER:**

Being able to set achievable goals and working towards achieving these one step at a time.

- **REFLECTIVE:**

Being able to reflect upon your performance and learning from it.

- **HUMILITY:**

Knowing there is always room for improvement. Knowing that failure is inevitable and that you learn more from failure than success.

- **MOTIVATION & SELF**

DISCIPLINE: being able to persist when faced with challenging unfamiliar problems or skills. Knowing that you may not get it first time! Having a desire to improve on your last effort.

- **TOGETHERNESS:** Having a sense of belonging. Knowing you are part of a team and are a valued member..



- **FOCUS:** Being focused on the task at hand – blocking out distraction.

- **LEADERSHIP:** Showing that you can motivate and bring out the best in yourself and those around you.

- **RESPECT:**

respecting the wishes of others, fair play and valuing different abilities.

- **QUESTIONING:** wanting to find out more about sport and healthy lifestyles.

- **RESILIENCE:** keeping a 'CAN DO' attitude when learning new knowledge and skills. Having an inner desire to succeed! Sometimes, physical activity can be difficult but we need to overcome these barriers and "cut off the 'T'!"

If you enjoy PE you could become...

- A high performing athlete*
- A high performing sports person*
- A sports coach or instructor*
- A PE teacher*
- A life guard*
- A sports therapist*
- A performance analyst*
- A sports development officer*
- A leisure centre manager*
- A fitness instructor*
- A personal trainer*
- A sports scientist*



PE: IMPLEMENTATION



COMMUNITY
SPORTS
FOUNDATION



Our PE curriculum is delivered and implemented through the CSF School Sports programme and by Premier Sports. We offer a range of team sports which are taught throughout the year on a Friday. These include: multi-skills (travelling, sending, receiving, games, striking, athletics) for years reception to Year 2 and: football, hockey, netball, rugby, cricket and athletics for Years 3 to 6. We also offer dance and gymnastics to all year groups taught on a Monday throughout the year. All our instructors are qualified to a minimum of Level 2 and we are very lucky to have a qualified Level 3 gymnastic coach to deliver our gymnastics curriculum. Our swimming lessons are delivered by Little Fish at Hewitt Academy swimming pool during the second half of the school year.

We enrich our PE curriculum and provision through offering a variety of extra-curriculum sports clubs, including Forest School, funded through the Sports Premium and participating in competitive events and festivals with other schools.

PE: IMPACT

Children and staff develop 'a love to learn' approach to physical activity and a 'togetherness' culture is promoted across the school.

All children have access to qualified instructors who can deliver the curriculum fully and assess pupil's progress effectively.

Our level of pupil engagement with extra-curricular sports clubs is extremely high for a small school (Ross Catchpole, Premier Education).

Children have the building blocks to kick start a healthy active lifestyle.

All pupils are taught competently and effectively to use gymnastics apparatus.

The majority of pupils who leave in Year 6 can swim competently, confidently and proficiently over a distance of at least 25 metres.

The majority of pupils who leave in Year 6 can swim competently, confidently and proficiently over a distance of at least 25 metres and use a range of strokes effectively.

The majority of pupils who leave in Year 6 can perform safe self-rescue in different water-based situations.

The range of extra-curricular sporting/active activities offered to children is extremely broad. It has included: dance, motor sport, fencing, archery, tag rugby, cricket, dodgeball, gymnastics, tri-golf, football, performing arts, karate, tennis, athletics, summer games, multi-skills, multi-sports and Forest School.

All pupils have had opportunities to take part in competitive events or sporting festivals with other schools.