



Physical Education Intent, Implementation & Impact at Lakenheath Community Primary School

Intent

Physical Education helps develop children's knowledge, skills and understanding through play, in order to develop confidence and competence in a range of physical activities. At Lakenheath Community Primary School, PE and sports are a central part of our curriculum and this has been recognised by being awarded the Active Suffolk Primary School of the Year 2023 and have achieved a Gold School Games Mark 2 years in a row by the Youth Sports Trust. We intend to provide a broad and balanced P.E. curriculum with a balance of individual, team, cooperative and competitive activities to cater for individual pupil's needs and abilities to inspire all children to succeed in Physical Education and develop as they grow. In addition to our Physical Education curriculum, we promote and encourage wider curricular clubs and opportunities through extra-curricular clubs, and entering school competitions through Forest Heath School Sports Partnership.

Implementation

At Lakenheath Community Primary School we aim to ensure we provide a broad and balanced curriculum which includes comprehensive coverage of the National Curriculum for Physical Education in EYFS, KS1 and KS2. By doing so, we provide children with the opportunity to develop the necessary skills outlined in the National Curriculum, building confidence and promoting healthy, active lifestyles. Each class has access to two lessons of high quality physical activity each week to which lessons are adapted where necessary to meet the needs of all children. We offer a wide range of extra-curricular both during lunchtimes and after school, which are run by either a member of staff or an external coaching company. These range from ball games such as football and netball, to indoor non-competitive such as archery and gymnastics. We encourage active lessons throughout the curriculum, and make cross-curricular links to particular learning topics where possible, as well as promoting active break and lunch times. Children in Year 4 receive swimming lessons with the aim to meet the National Curriculum swimming standards by the end of their phase. For any

children who struggle to meet the required standards, we hold further catch up swimming lessons with aim to increase the chance of these children acquiring the safe swimming skills that are necessary. We proudly encourage a variety of children to represent the school in a variety of inclusion sports, festivals, games or competitions led by the Forest Heath School Sports Partnership. We pride ourselves in selecting a variety of children for different events, providing as many different children as possible the opportunity to be active competitively in both individual and team sports. Upon success, children can gain the opportunity to further represent the school or partnership in county finals.

Impact

Children leave Lakenheath Community Primary school with a love and sense of pride in physical activity both in and out of school, many joining teams following the experience they have received. We provide children with the acquired skills and knowledge to perform in a range of scenarios with increased competence and awareness. They will have the opportunity to apply tactics, composition and thinking strategies to suit the range of activities they experience. They will develop confidence to set targets from themselves, provide constructive feedback and learn to compete effectively. We encourage them all to lead a healthy, active lifestyle by making positive choices and encouraging them to participate outside of school. We embed positive attitudes to learning, providing a safe and respectful environment for all children to be able to participate fairly and express themselves through participation.