



## PHYSICAL EDUCATION, SCHOOL SPORT and PHYSICAL ACTIVITY CURRICULUM INTENT

In the Lionheart Primaries we know how important physical education (PE), school sport and being physically active is to the development of children. We encourage children to discover a love for physical activity which we hope stays with them long after they have left primary school. Our vision is to enable children to develop a lifelong love of sport and physical activity by providing a positive environment in which all children feel involved, engaged, challenged, safe and successful.

At lionheart we recognise the power of sport and its ability to break down, combat and distinguish barriers of inequality and discrimination. Through an inclusive approach, which is at the heart of our PE curriculum from the very beginning, we endeavour to encourage not only physical development but also mental well-being whilst celebrating the protected characteristics of our young learners. At a time when acceptance, fitting in and self-esteem are so high on young people's agenda, our curriculum celebrates and supports diversity, BAME and equality through all mirrors of life. For example, we welcome external visitors who challenge stereotypes to deliver high-quality sessions as well as participating in a wide range of inclusive competitions.

The aim of our PE curriculum is to embed high-quality learning which inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. Children encounter a skills-based curriculum supported by deep subject knowledge, breadth of coverage, and the revisiting of skills taught. They are encouraged to apply the skills that they have learned to a variety of sports throughout their time at primary school.

Our Physical Education curriculum is a progressive seven-year plan supported by the PE hub, which develops, practices, and revisits technical skills in order to develop competence and stamina. Through the planned, progressive lessons that takes place in school curriculum time, children learn both the skills required in each activity, alongside the rules to allow them to be competitive in each sporting area too. Teachers minimise or reduce barriers so that all pupils can fully take part and learn. Pupils with SEN and/or disabilities will be able to take part in the same way as their peers due to teacher modifications or adjustments when needed.

The PE curriculum aims to develop children's abilities in four key areas:

**Physical skills:** the primary focus of our PE curriculum is to develop children's physical literacy by developing fundamental technical skills in a range of disciplines, and the stamina and endurance necessary to ensure that our children are physically fit. The curriculum aims both to encourage excellence through effective preparation to participate in an extensive calendar of competitive sports opportunities through the school games; and to offer a strong emphasis on inclusion, with a wide range of opportunities ensuring that every child finds something that they enjoy and can experience success in PE.

**Life skills:** our PE curriculum is linked to our wellbeing strategy through which the children gain a clear understanding of the importance of physical activity to wellbeing, physical and mental health. This holistic approach explicitly links mental, social and emotional well-being to physical wellbeing, and aims to equip learners with the knowledge, skills and motivation necessary to sustain a healthy lifestyle and lifelong participation in physical activity and sport. The PE curriculum is supported in these areas by links with the PSHE and science curricula.

**Learning Dispositions:** PE is the perfect way to develop the positive attitudes and attributes necessary for success both in academic learning and in life. A strong emphasis is placed on the development of attributes such as respect, reciprocity, resilience, resourcefulness, responsibility and reflection.



**Meta-cognitive skills:** PE offers many opportunities for children to develop the higher-level cognitive skills such as retrieval, activating prior learning and high-quality and explicit modelling through a range of independent and guided practice.

The Lionheart Primary PE curriculum focuses on six main areas: games, athletics, dance, gymnastics, outdoor & adventurous and swimming. Our Health and Fitness element is achieved through the Daily Boost (an additional 15 minutes of vigorous to moderate activity during curriculum time per day), active and structured playtimes and lunchtimes, the school Lionheart Character Award, outdoor learning and active lessons.

Physical Education at The Lionheart Primaries is integrated, unique and provides a quality rich curriculum which is supported by:

An extensive competition programme through the School Games which children are offered a wide range of opportunities to engage in interschool and external events, leagues, festivals and tournament competitions; including inclusive events.

A wide range of after-school clubs. Our after-school programme emphasizes active, sports-based clubs and includes a range of non-competitive and alternative physical activities not included in the curriculum. Participation in after-school clubs is monitored and assistance offered for vulnerable pupils (e.g. pupil premium) to take part.