



# PE at The Meadow

## Intent

It is our intent at The Meadow to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to co-operate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. We promote an active lifestyle as a way to improve physical and mental wellbeing.

## Implementation - Where we are with PE

We continue to follow guidelines and review them regularly so that we can offer the best PE provision possible. We are able to offer our children a mixture of indoor and outdoor PE as we are lucky to have space that affords us the opportunity. Pupils at The Meadow participate in weekly high quality PE activities. Our PE programme incorporates a variety of sports and activities which help to ensure all children develop confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being and re-enforces our Route 2 Resilience work.

We have worked with a new scheme of work for PE which allows us to deliver content in a variety of ways, using demonstration videos and presentations to ensure we meet and exceed the minimum requirements of the National Curriculum. We are working to develop our provision over and above this scheme to allow our children to access a wider range of activities. We have continued to invest a proportion of our SSP funding into ensuring all resources and equipment, including IT resources are available to deliver a wide PE curriculum and an extended range of activities.

We are mindful of the health and mental wellbeing of all of the children at the Meadow and recognise the important role of PE and physical activity as a part of everybody's general wellbeing. We continue to promote PE both in the curriculum and through participation in real and virtual events organised by the LSLSP. We regularly update parents and share appropriate resources to enable children at home to remain active and engaged in sport.

We recognise the value of competition in different forms and offer opportunities for all children to compete in intra school competitions. We also participate in virtual inter school competitions through our local sports partnership.

Our commitment to high quality PE and physical activity is reflected through our achieving the School Games Gold award again.

## Impact of PE

Our curriculum aims to improve the wellbeing and fitness of all children at The Meadow, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful they need to take ownership and responsibility of their own health and fitness. Our competition format promotes contribution to a wider team and promotes recognition of self-worth and self-esteem, measured by contribution as well as outcome. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

## How we are developing PE

We continue to deliver PE and physical activity in a flexible and creative way. We are using regular timetabled indoor and outdoor PE slots to deliver curriculum lessons. We are taking advantage of PE sessions to develop and promote Route to Resilience skills. These skills include team work, co-operation, problem solving, confidence, self-control and empathy. Within the classroom we encourage movement breaks through initiatives including Go Noodle and online resources delivered/ signposted by the LSLSSP. We make the most of opportunities to engage with organisations outside of school to offer access to a wide range of activities, resources and competitions.