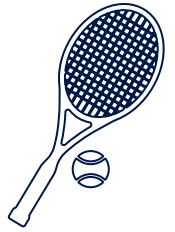




**PE**



**“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.”**  
**John F. Kennedy**

### Curriculum Intent

At GEPS we foster a love of physical activity. We have a uniform very different from most schools: activewear. Children are not only comfortable, but they are dressed ready for exercise- whether a whole school walk, an active playtime, a forest school session, the daily mile or a PE lesson. While we promote competition and have lots of success within the school sports partnership, we want children to learn from an early age that being physically active is crucial for their physical and mental health.

The aims of physical education are to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### Curriculum Progression

We have three areas of progression within our PE curriculum:

Motor Competence: we call this physical literacy. It is the child's fine and gross motor control and how fluid these movements are. We teach these skills explicitly through our Fundamental Movement Skills (FMS) lessons, and in EYFS motor control is also planned for in daily activities within the classroom.

Rules, strategies and tactics: this is developed through basic decision making opportunities in PE lessons building to specific knowledge for sports and games so children know rules and can be competitive within individual, class and team activities.

Healthy Participation: at GEPS this is our most important strand. We want our children to know that physical activity is good for their mental and physical health. They learn that getting out of breath and pushing out of their comfort zones is strengthening their heart muscle which is making them stronger and fitter. We also include safe participation and sportsmanship in this strand.

### Planning

We use Primary PE Planning as our scheme of work- their structure and skills progression is clear and their assessment system is easy to use in our mixed-age classes. We also use Active for life Fundamental Movement Skills planning which has very clear progression for each skill.

### **Extra opportunities**

We have excellent links with the Essex Primary SCITT programme and our PE subject leader is the tutor for PE on the SCITT programme.

We are also very active within the Uttlesford School Sports Partnership and take part in many fixtures throughout the year which provides opportunities for children to represent the school in inter-school competitions and make links with external clubs if they show aptitude in specific sports. We host and attend inclusive festivals and sporting opportunities which enables our SEND children to experience competition in a safe and appropriate environment.

We have an extensive school swimming and water safety programme where children swim for 10 hours a year as a minimum (year 2 - year 6), and in year 5 and year 6 they have lessons every week until they exceed the national curriculum requirements for swimming.

