

# Avanti House Primary School

## PE Intent, Implementation and Impact

At Avanti House Primary School, Physical Education plays an important part in the physical, mental and social development of the child. All children are given the opportunity to participate in a broad, balanced programme to develop key skills, in line with National Curriculum requirements. The emphasis is on giving each child an opportunity to experience enjoyment and success at their own level as well as developing life skills and values such as co-operation, responsibility and resilience. We aim to establish an ethos where respect is demonstrated, fairness is at the forefront of participation and teamwork is celebrated whilst always nurturing a positive sense of self from keeping active and healthy which will be sustained throughout their lives.

### Intent

We want our pupils to:

- Have a life-long passion for sport and physical activity – leading to friendships, teammates, better health, and more comprehensive social experiences
- Be keen to attempt various activities – allowing pupils the opportunity to find their love of other sports and physical activities
- Identify their own and others' safety – being able to swim and being safe in the water
- Communicate and work together – building relationships and the necessary vocabulary to express themselves appropriately
- Ensure that all pupils can swim competently, confidently and proficiently over a distance of at least 25 metres as well as knowing how to perform safe self-rescue in different water-based situations.

Physical Education gives us so many opportunities to develop the whole child. It provides some pupils with the chance to excel where they may struggle in other areas and offers pupils opportunities outside of the classroom. We also hope to teach pupils that P.E. can help improve concentration in other curriculum areas, make links between theory and practice, deepen understanding, and maintain and extend attention.

At Avanti House, we aim to offer a broad and balanced Physical Education curriculum. Physical Education refers to curriculum time lessons that aim to meet the requirements of the National Curriculum; however, running alongside this is physical activity (any opportunity to be active in the day) and community sports (competitive activities/events both internally and against other schools).

Physical education, activity and school sports should be inclusive to all, and at Avanti House, we ensure that all our lessons are inclusive. The ultimate aim is that pupils leave Avanti House Primary School with a knowledge of maintaining a healthy lifestyle and a life-long love of sport and physical activity with pupils taking part at sport to a high standard.

### Implementation

At Avanti House Primary, children receive a minimum of one lesson of P.E. per week as well as a 30-minute yoga session with our qualified yoga teacher. A range of physical activities, both competitive and non-competitive, give pupils a meaningful life-long love of sports. Throughout their time at Avanti, we hope to offer a variety of enrichment activities including badminton, tennis, tag rugby and football. We also value inter-school activities to aid healthy competition. We encourage all children to take part in the Daily Mile during our school's morning soft start and playtimes, as well as active learning within lessons, as a way of promoting additional physical activity in school. Our sports provision is supported by a range of tools and resources from Complete PE. Complete PE provides high-quality P.E. resources and teaching staff tailor each lesson to the individuals' needs. Our staff are supported in their subject knowledge through planned continuous professional development which includes in-house as well as external persons.

We utilise the resource Complete PE, which is carefully adapted to meet the needs of our pupils and gives pupils a broad range of physical activities and sports. The long-term plan also highlights pathways to other events held in our local area and includes competitive events. We are part of the Harrow Sports Partnership allowing children to compete against schools in the local area.

Children in years 5 and 6 take part in swimming lessons during the academic year. In years 5 and 6 children are given the opportunity to visit The Vedanta and take part in a range of outdoor adventurous activities.

### **Impact**

The impact of PE is reviewed regularly using a variety of different strategies. Pupils are given the opportunity to compete at the end of each unit of PE to consolidate skills taught. They are taught to assess their own ability through self and peer assessment. Assessment for learning is used regularly in lessons.

Children are able to clearly articulate how to maintain healthy and active lifestyles and able to participate in a range of sporting activities with confidence. Children can apply skills learnt through extra-curricular activities as well as inter-school competition through the Harrow Schools Sports Partnership and inter-house activities/competitions within school as well. At Avanti House Primary, we provide opportunities for children to become physically confident in a way that supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed our school values such as courage, self-discipline and integrity.

P.E is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that, if taught well and the children are allowed to succeed, then they will continue to have a physically active life.

The PE Subject Lead takes feedback from pupils' surveys and discussions, and planning is reviewed periodically to ensure we continue to make progress in meeting our curriculum intent.