

Regents Park Community Primary School

Physical Education and Outdoor Learning Subject Overview



DfE Statement:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. The national curriculum for physical education aims 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.

Intent: What we want to achieve

In school, we recognise the importance of PE and the role it has to play in promoting long term, healthy lifestyles, and mental health. The intent of our PE curriculum is to provide all children with high quality PE and sport provision. Our vision is for every pupil to succeed and achieve their full potential as well as to lead physically active lifestyles. We strive to inspire our pupils through fun and engaging PE lessons that are enjoyable, challenging, and accessible to all. We want our pupils to appreciate and enjoy the benefits of a healthy and physically active lifestyle. Through our teaching of PE, we will provide opportunities for pupils to develop values and transferrable life skills such as sportsmanship, discipline, compassion, courage, fairness, and respect as well as providing them with opportunities to take part in competitive sport. We want our learners to use physical activity as a motivating and engaging springboard to achieve in all aspects of school life with a sense of pride and belonging.

Through our PE and Outdoor Learning curriculum we aim to ensure positive character traits are developed which allow pupils to explore their own interests and develop resilience, empathy and employability as defined in the character education framework (DofE).

At Regents Park, Physical Education and school sports hope to develop the whole child through the 'Head, Hand, Heart' philosophy. We hope that through planning, high-quality teaching and extra-curricular activities we can develop the individual pupil into to a well-rounded citizen.

Implementation: How will we do this

Pupils participate in weekly high-quality PE and sporting activities using the Rising Stars programme. Our PE curriculum incorporates a variety of sports and physical activities to ensure all children develop the confidence, skills and an appreciation of their own and others' strengths and weaknesses. We provide opportunities for all children to engage in extra-curricular activities after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical but mental well-being.

Our PE curriculum also dovetails with our progressive Outdoor Learning Curriculum (Forest School Passport) including opportunities for a residential trip in Year 5 which allows us to develop individual interests and strengths whilst reflecting on how to improve their future learning. Through the heads, hands, heart approach we develop the whole child through taking on different roles such as umpires, coaches, referees and lead warm-ups.

Impact: What the outcomes will be

All pupils receive a PE curriculum where activities are linked and co-ordinated and the progression of skills ensures pupils are able to progress both during lessons and across terms and years and transfer these skills to competitive settings given the opportunity.

Pupils are healthy and active and understand how to look after themselves both physically and the benefits of activity on their mental health and wellbeing which means pupils are motivated to take part in lessons, after school clubs, team competitions and also pursue their own active and outdoor interests out of school.

By delivering curriculum subjects and the Forest School Curriculum in our Forest School, as well as through off site visits, we are able to motivate pupils by giving them a purpose to learning, with long term goals and commitment to their own development, whilst developing positive virtues as defined by the DofE (courage, honesty, generosity, integrity, humility and a sense of justice). Our play leaders and forest school ambassadors become stewards of their own learning through feedback, reflection, risk assessment and co-learning alongside teaching and support staff. Through assessing the children through heads, hands and hearts we hope that are children will be physically competent, can grow and develops independently, are physically active and will be able to be competitive but also have good sportsmanship. They will also be a confident and resilient individual who can be an accurate decision maker and will be able to analyse their own and others' performance. Pupils will grow socially and emotionally and show the correct values throughout the years.