



## **Physical Education at Bishop David Sheppard CE (A) Primary School**

Science has long proven the importance of being physically active in helping our bodies and minds stay healthy. Below summarises the positive impact physical activity has on children's health, wellbeing and learning and how a high-quality PE curriculum, alongside initiatives such as 'The Daily Mile', can help children access these benefits every day.

*A high quality PE curriculum 'is an essential aspect of the introduction and maintenance of physical and mental well-being' and 'can help students to develop the habit of participating in physical exercise, pave the way for students to develop good physical and mental health to transfer into later life' (Li & Nauright (2021).*

### **Intent**

Using the Primary PE Passport scheme of work, the intent of our PE curriculum is to deliver high quality provision that inspires all children to succeed and excel in competitive sport and physical activity (Ofsted, 2022). But most importantly, develop a love for being physically active that will stay with them for life.

We aim to provide a wide range of opportunities during and beyond the school day to motivate all our children to become physically confident and develop a love for being active and healthy. We believe that teaching our children how to cooperate and collaborate with others, understanding fairness, respect and equality of play, helps to embed life-long values that lead them to living healthy, active lives. The importance of physical activity and play makes 'our lives go better, not just longer' (Kretchmar, 2006).

### **Implementation**

Children at Bishop David Sheppard CE Primary participate in weekly high quality PE lessons and sporting activities. Our PE curriculum delivers a variety of sports to ensure all children develop the confidence, tolerance and appreciation of their own and others' strengths and weaknesses. We ensure that throughout our children's PE journey we follow the three pillars of progression (Ofsted, 2022). Children acquire and develop skills, new rules and tactics and are provided many opportunities to apply these. Providing lots of opportunity for application and evaluation enables our children to hone their skills and to achieve their true learning potential.



We ensure that all children have access to a variety of opportunities to be physically active during the day – the Daily Mile, active break times and extra-curricular activities. In addition to this, we ensure our children have every opportunity to participate in a range of both inter and intra competitive sporting events. This inclusive approach not only develops our children physically but also their social and emotional well-being.

### **Impact**

Our curriculum aims to improve the wellbeing, health and fitness of all our children, not only through the teaching of sporting skills but underpinning the values sport promotes. The impact of our quality first teaching and enrichment activities is to motivate children to lead healthy, active lifestyles but also transfer important life skills learnt through PE, such as leadership, communication and teamwork, to all aspects of life, enabling them to thrive.

### **References**

Li & Nauright (2021). Sport in Society. Available at [Youth development and hockey in Heilongjiang and Beijing: comparative forms of growing youth hockey participation and interest in China: Sport in Society: Vol 24, No 10 \(tandfonline.com\)](https://www.tandfonline.com/doi/full/10.1080/17439992.2021.1988888) Accessed December, 2022.

RS Kretchmar, 'Ten more reasons for quality physical education', in 'Journal of Physical Education, Recreation & Dance', Volume 77, 2006, pages 6 to 9.

Ofsted (2022) Research review series: PE. Available at <https://www.gov.uk/government/publications/research-review-series-pe/research-review-series-pe#fn:2> Accessed January 2022