



# Sport and Physical Education

## INTENT, IMPLEMENTATION AND IMPACT

### What makes a Dore Primary sportsperson?



#### INTENT

At Dore Primary School, it is our intention that children receive high-quality PE lessons that enable all children to experience different sports in a way that is engaging, inclusive and exciting. We aim to stimulate and encourage children's curiosity about sport, develop an interest in learning to play different sports and perform different moves and dances. We aim for all children to find a sport or physical activity they enjoy, and encourage them to continue these sports with local clubs.

We strive to encourage children's motivation, resilience and self-esteem by enabling them to experience success in sport and PE in an inclusive way. By progressively enhancing children's fine and gross motor skills and tactical awareness, we aim to develop their ability to play a number of sports confidently and competently. We aim to cultivate a positive attitude towards - and lay the foundations for - future physical development and learning, including an understanding of how to lead a healthy life.

**At Dore Primary School, we aspire to help children develop into sportspeople, building progressively each year on the following key concept:**

- 1. Develop practical skills in order to participate, compete and lead a healthy lifestyle**  
This concept involves learning a range of physical movements and sporting techniques in games, athletics, dance, gymnastics, swimming and outdoor and adventurous activities.

#### IMPLEMENTATION

##### How do we implement our PE and Sport curriculum?

1.	All children have two 1 hour PE lessons per week.
2.	The curriculum is ambitious and follows the national curriculum programme of study.
3.	Lesson activities are challenging, varied and interactive, and develop gross and fine motor skills.
4.	Lessons are designed to be progressive and build on prior learning, moving from developing basic skills to playing full, competitive games and performing complex routines.
5.	All Y4 children take part in school swimming lessons, and where children are not able to swim 25 metres by the end of the programme, families are encouraged to continue with swimming lessons until their child is proficient.
6.	Children are taught about the role exercise plays in healthy bodies and minds, and how lifestyle and diet choices can impact health.
7.	To enhance the impact on enjoyment and participation, we organise a whole school Sports Day.
8.	Through attending multiple competitions in every year from Y2 – Y6, all children will have had the opportunity to represent the school in competitive sport by the time they leave.
9.	Children are encouraged to join extra-curricular sports clubs and teams, both in school and out of school, through our strong links with many local sports clubs, across a range of sports.
P4C	When discussing tactics and planning choreographed routines, children follow the key principles of P4C, which are that good thinking (and therefore progress) is learned from dialogue with others, and that ideas should be tested to see if they work.
TASC	Through planning choreographed routines and discussing and applying tactics in team games, children apply the principles of TASC to perform and compete to the best of their ability.



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Outdoor Learning	The majority of PE sessions take place outdoors. Outdoor learning provides children with another opportunity to exercise and develop fitness. Residential with an outdoor focus in Y4 and Y5 allow children to experience adventurous activities such as high ropes, zip-wires, caving and weaselling.
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#### IMPACT

1.	The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
2.	The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
3.	High levels of physical fitness.
4.	Living a healthy lifestyle, achieved by eating sensibly, knowing to avoid smoking, drugs and alcohol and exercising regularly.
5.	The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
6.	The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling positive sporting attitudes in others.
7.	High levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
8.	A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
9.	The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.