

Physical Education



Why teach PE?

Maltese Road Primary School encourage high levels of participation in Physical education throughout the school. We support learning in a safe and supportive environment. We believe it is vital and unique in its contribution to a pupil's holistic development. It develops an understanding of the many benefits of exercise, such as co-ordination, control, teamwork and skill through a balanced range of relevant activities, covering Gymnastics, Games, Dance, Swimming, Athletics and Outdoor and Adventurous activities. The teaching of PE promotes an understanding and positive attitude towards active lifestyles in adulthood.

Intent

Maltese Primary School recognises the value of PE. We fully adhere to the aims of the EYFS and National Curriculum for Physical Education to ensure that all children:

- Active for at least two hours of high quality physical activity to every class, enabling children to develop and explore physical skills with increasing control and co-ordination.
- Promote health, hygiene and fitness and an understanding of the effects of exercise on the body.
- Foster an appreciation of safe practice.
- Develop interpersonal and team building skills through a sense of fair play.
- Develop competence to excel in a broad range of physical activities.
- Engage in competitive sports and activities.

Our aim is to improve and increase the quality and quantity of PE & physical activity for all children, to show how PE & physical activity can enhance children's attainment and achievement and to create pathways for them to continue to be active beyond school. We recognise the broad range of skills that contribute to all facets of physical activity and endeavour to provide opportunities for all children to experience a variety of games and activities that cater to these diverse skill-sets.

Implementation

PE is taught at Maltese Road Primary School as an area of learning in its own right as well as integrated, where possible, with other curriculum areas. We teach PE lessons so that children:

- Have fun and experience success in sport.
- Have the opportunity to participate in PE at their own level of development.
- Secure and build on a range of skills.

- Develop good sporting attitudes.
- Understand basic rules.
- Experience positive competition.
- Learn in a safe environment.
- Have a foundation for lifelong physical activity, leaving primary school as a physically active individual.

We aim to ensure that the profile of PE, sport & physical activity is high through-out the school and children are eager to engage with active sessions across the curriculum. We are striving towards improving delivery of the teaching & learning of PE in order to promote participation, progress and performance. With this high quality PE and school sport provision, we aim to continue to embed young people with the skills, understanding, desire and commitment to continue to improve and achieve in a range of PE, sport and health-enhancing physical activities.

In addition, we provide a range of extra-curricular sports and skills clubs, engage in many inter-school sporting competitions and events and we are developing and sustaining links to outside agencies and clubs which will help to generate positive interaction in the community.

For staff we have formed strong links with Chelmsford Sports Partnership and other local clubs to offer continued professional development, ensuring all teachers keep up-to-date with relevant practice and can improve and develop their PE pedagogy.

Impact

PE 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. A high-quality PE curriculum inspires all children to succeed and excel in competitive sport and other physically-demanding activities. At Maltese Road, we provide opportunities for children 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.

Our school recognises the impact that the provision of a high quality PE and school sports curriculum has on the whole school and that it can lead to whole school improvements. Developing pupil's personal qualities through PE can affect their attitudes towards school and learning. When PE and school sport provision is of the highest quality, all pupils will, to the best of their abilities, develop and demonstrate the following personal qualities:

- A strong desire to learn & make progress;
- High levels of dedication, attendance and involvement in PE and school sport;
- High levels of commitment to PE and school sport;
- Good levels of positive behaviour such as politeness, fair play and helpfulness;
- High levels of enjoyment and enthusiasm and a strong desire to get involved.