



# Beaconside PE Rationale

## **Why do students at Beaconside need to study PE?**

There are inconsistencies in the physical opportunities Beaconside pupils experience outside of school; whilst some pupils lead active lifestyles, attending weekly sports fixtures and clubs out of school, there are some pupils who spend most of their time indoors. It is therefore our responsibility to teach children the importance of leading a healthy active lifestyle and offer them a wealth of opportunities that will engage every pupil. This alligns with the purpose of study of the National Curriculum.

By studying PE at Beaconside, pupils will learn and develop their fundamental movement skills which underpin overall physical development. We also teach personal and social skills by promoting character building, cooperation, team work and self-esteem. These skills are taught from Reception to Year 6 through fun and exciting PE lessons. These fundamental skills are then applied to a wide range of 'games' and sports. In Key Stage Two, the rules and techniques applicable to more specialised sports are taught.

Children at Beaconside have the opportunity to participate in team games, competing at an inter-class and inter-house level. They will learn how to overcome competitive challenges, as well as congratulate peers for their successes. This too alligns with the purpose of study and aims of the National curriculum.

## **Intent – What do we want our curriculum to offer?**

- An understanding of how to maintain a healthy lifestyle through physical activity
- A postive attitude to physical activity
- An ability to recognise and describe how their bodies feel during different activities
- Fundamental skills that can be applied to a range of sports and activities
- An understanding of rules of key sports and the ability to talk about strategy and tactics when playing team sports
- Participation in competitive sport within school and against other schools, displaying mutual respect and sportsmanship
- Development for young leaders – organisation of events, taking initiative and acting as role models for younger children during PE lessons and at playtime
- Opportunities to develop reflective pupils who can discuss and evaluate their own performance and understand how this can be improved
- Opportunities for pupils to make connections in their learning e.g. with other subjects e.g. Science, PSHE, Maths



- Opportunities for pupils to persevere with tasks and develop their problem solving skills

### **Implementation – How are we going to achieve this?**

- By ensuring progression towards meeting National Curriculum outcomes (attainment targets) through sequenced, well-planned units of learning
- By having a whole school approach to the teaching of PE (Real PE), with supplementary units to ensure breadth and enrichment (Curriculum Map)
- By delivering high quality PE lessons, with challenge and support so that all pupils can achieve
- By offering a wide range of extra-curricular opportunities so that children can develop and learn new skills
- By attending and hosting sports festivals for pupils to engage in less competitive activities
- By using our house system as a platform to offer competitive opportunities
- By sending physical homework to develop fitness levels and engage families
- By organising fixtures against local schools
- By organising a themed sports week annually along with running events e.g. The Colour Run to showcase and celebrate the high profile of PE
- By encouraging physical activity at playtime and promoting an active classroom.

### **Impact – What difference will this make?**

Our intended impact is to improve the well-being and fitness of all children at Beaconside, not only through the teaching and development of physical skills, but through the pupils' personal and social development. We want to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

By the end of each Key Stage, the large majority of pupils will also be meeting National Curriculum attainment targets.