



## Physical Education

‘Together we unlock potential and learn for life.’

### Intent

At Moor First School, it is our intent to provide a powerful and progressive PE curriculum which develops the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing. Physical fitness is an important part of leading a healthier lifestyle. Physical Education teaches self-discipline and demonstrates that to be successful you must work hard and have the determination to believe that anything can be achieved. It is our intent at Moor First, to teach children life skills that will positively influence their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in a range of physical activities. We want to teach children how to cooperate, collaborate and compete with others, as part of a team, understanding fairness and equity of play to embed life-long values. We want all children to be able to access at least 30 minutes of physical activity per day at school and to make healthy choices in life when then they grow up. In 2025-2026, It is our Intent to have 100% of Year 4 able to swim 25 metres unaided.

### Implementation

At Moor First School, all pupils participate in weekly high-quality PE (2 hours) One of which is delivered by Bee Active Sport coaches and the other by teachers. Our 2-year PE programme incorporates a variety of sports and follows a PE skill progression document, which links to the National curriculum across all year groups. This ensures that skills are sequenced appropriately to maximise learning for all children. Our PE programme ensures that all children develop the confidence, tolerance and the appreciation of their own and others’ strengths and weaknesses. It provides competitive experiences and enables pupils to show their personal and spiritual identity through dance. The children are taught through the phrase ‘hands, heart, head’ in all lessons and they develop oracy skills to evaluate their learning using these. Pupils will be given a swimming block if unable to achieve 25 metres unaided or will attend the nearby swimming facility at Knypersley Pool in the Summer Term to help them to achieve this ready for transition. Midday supervisors and Y4 leaders will take part in lunchtime training to deliver powerful and positive lunchtimes.

We provide opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive Inter/Intra school sporting events which help us to maintain our Gold Sports Mark Award. This is an inclusive approach, which endeavours to encourage not only physical development but also well-being. Community club links are developed through our school games organiser and provide opportunities for local engagement and talent development.

Forest School and our outdoor adventurous activity courses compliment our active curriculum and we strongly believe that being active outdoors contributes towards a child's physical and mental wellbeing. All children participate in this once a week and they even take part in maypole during the summer months.

Lunchtime staff receive training to boost the profile of sport at lunchtime and sports leaders also receive training as part of the Bee Active package. All staff receive CPD sessions and access the Honeycomb assessment tool.

**Impact**

Children leave school having a love of sport and physical activity both in and out of school, with this continuing into later life. Children will have worked on their own aspirations in relation to PE and this will be carried on after leaving Moor First, with children continuing to participate for enjoyment or competitively. All children should be able to discuss the importance of a healthy lifestyle and how this is achieved as well as developed skills that underpin life such as teamwork, sportsmanship, leadership, self-motivation, resilience, and independence.