



# Physical Education

## Intent

At Burford School, we recognise the importance that a positive experience of sport and physical activity at a young age, can build a lifetime habit of participation so that children can lead happy and healthy lives. We are committed to supporting health and fitness by building confidence, enjoyment, knowledge and understanding through high-quality lessons that engage and inspire all pupils to succeed and excel, in a supportive and safe environment.

Through a carefully planned curriculum, we enable all children to reach their full potential and ensure they acquire the understanding of how eating healthily and maintaining an active lifestyle can increase self-esteem, lower levels of anxiety, and improve physical and emotional wellbeing. By focusing on the Burford Values children learn the importance of sportsmanship, fairness, resilience and respect through all the sports and physical activities they undertake.

## Implementation

PE lessons are taught to the whole class by the class teacher and a specialist sports teacher from Reception to Year 6. Key Stage 1 and Key Stage 2 children follow a programme of different Sports designed to teach and enhance their physical skills, while also aligning with the end of Key Stage Attainment targets for all age ranges. The sports are chosen carefully to match these attainment targets but also to provide a steady and meaningful progression throughout the year groups. Staff follow a high-quality curriculum with lesson plans designed to cater to all levels of ability to progress and enjoy the subject. From Year 3, swimming lessons are provided at the local leisure centre which are taught by trained professionals and qualified teaching staff.

At Burford School, we provide many opportunities for our children to be physically active. We encourage participation in activities run by Playground Leaders and/or extra-curricular clubs which include football, netball, tennis, cross country running races, gymnastics, and cheerleading. This can lead to the opportunity for students to participate in tournaments to compete alongside peers and other schools across the county. Burford School is actively involved in the School Games competitions that are run throughout the country and offer ample possibilities for students to represent the school.

## Impact

Our curriculum aims to improve the health and fitness of all children at Burford School; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. Through strong links with PSHE we promote the overall wellbeing and health of each child by teaching self-discipline and responsibility for personal physical and emotional wellbeing.

Assessments are used to monitor attainment targets and achievements for individual pupils so that lessons are planned accordingly to make sure the curriculum is inclusive, challenging and engaging. Children make good progress in PE and are keen to attend after-school clubs and competitive sports events. Their enthusiasm and motivation leads them to continue to participate in physical activity after primary school due to a secure understanding of the benefits which lead to a happy and healthy mind and body.

