

Physical Education at Ladysmith Federation

Intent

At Ladysmith Federation, we recognise the value in a rich, varied and high quality PE curriculum coupled with a broad and innovative range of after school sports clubs.

Our schools recognise the important values and skills learnt through sport which can support learning in a range of subjects and areas. We appreciate the significant impact PE and school sport can have on the physical, mental and social skills of an individual and particularly those with SEND.

Implementation

All pupils benefit from at least 2 hours of Physical Education alongside after school sports clubs.

Across the Federation, teaching is delivered using the scheme, 'Get Set 4 PE' and in EYFS and KS1, this is supported through children accessing OPAL (*Outdoor Play and Learning*) during play times and Forest School lessons.

Our PE curriculum aims to ensure that all pupils develop a range of fundamental movement skills in EYFS and KS1, continuing to build on these into KS2. Pupils' skills are further developed and applied across a range of sports and activities as well as providing them with an awareness of healthy and active lifestyles, improved emotional well-being, improved focus, concentration and behaviour. We also give children opportunities to develop key skills such as leadership, confidence, social and team building skills. We also strive to provide children with opportunities to develop skills in sports they may not have otherwise had opportunities to access and to create links with local sports clubs.

Each child, during their PE journey at Ladysmith, will develop their physical literacy and will learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. Their experience will also contribute to the development of a range of important cognitive skills such as decision making and analysis, and social skills such as teamwork and communication as well as their physical skill development. Participation in competitive intra and inter school sport is a key element to the curriculum. We ensure the activities we offer are physically active for sustained periods of time in order to encourage children to lead healthy, active lives. Children have opportunities to take on leadership roles in which they can build character and embed core values such as fairness and respect.

Impact

Physical Education at Ladysmith Federation encourages pupils to be active and supports them in their understanding of how to participate safely and effectively in sports and active play. They understand the barriers to participation and work to overcome these for themselves and others.

Regular participation in sport and physical activity can help to improve physical fitness; promote good health; instil self-discipline; develop skills; improve self-confidence; reduce stress and anxiety, developing lifelong skills.