



Forest Park Physical Education

A high quality PE curriculum is an entitlement for all pupils. For some, PE may be their only opportunity to be introduced into the world of physical activity and sport. At Forest Park Primary School we recognise the importance of PE to a child's physical, cognitive, social and emotional development, as well as the role it can play in a child's spiritual, moral and cultural development. PE has been carefully crafted to enable pupils to develop the key knowledge that they require to become informed participants and to execute skills and techniques with increased competency. Pupils' knowledge of health, wellbeing and safe practise is also interwoven into PE lessons so that our children understand the impact that physical activity and sport has upon these.

At Forest Park Primary School Physical Education focuses on the physical, mental and social well-being and development of all our pupils.

Every class has both an indoor focus and an outdoor focus, running alongside one another for one term. Research demonstrates that children make accelerated progress with skill development and application when a strand of PE is taught for at least 12 weeks (before moving onto the next strand too quickly). Throughout each phase there is coverage of all strands of PE, enabling children to access a wide variety of sports as they progress through the school. Key skills have been carefully broken down and show clear progression across each year group.

EYFS use Sports Xplorers which provides focus and specifically designed sequence of lessons.

Assessment in physical education is recorded via videos of the children in action, end of term proformas, annotated end of unit plans and pupil voice. Each term learning is geared up to a sporting festival or competition whereby the children have the opportunity to take part in competitive competition alongside their peers, utilising the skills learnt.

A wide range of after school clubs are delivered by staff and outdoor agencies, again targeted towards competition or a fun festival.