



## Intent

Physical education has a huge impact on pupil well-being, character and promoting a healthy lifestyle. Therefore, at Essex we aim to ensure pupils:

- Are physically active every day, through taught PE Lessons, 'Sensory Circuit', competitions, organised games at break and lunch times or after school
- Develop competency in a broad range of sports and activities individually and within a group
- Enjoy a range of sports and activities, demonstrating improvement to achieve their personal best
- Compete in competitive sports events within school and with schools across the borough as part of the Langdon Partnership
- Develop a sense of ownership and leadership skills through the reintroduction of Sports Leaders.

PE helps to embed our core values of fairness and respect and the school's vision: 'Everyone valued, Everyone challenged, Everyone achieving.'

## Implementation

Class teachers and specialist sport coaches from Sporting 4 Schools provide lessons for a range of activities, including football, tennis, basketball, handball, athletics, and gymnastics. Two hours of PE sessions are timetabled weekly, an indoor gym session and an outdoor lesson, featuring a particular skill and technique from a focus sport in each session. Lessons are sequenced in blocks to develop competencies in the featured sport. Pupils are taught to use their bodies and equipment safely and imaginatively, to achieve their personal best. They are required to observe and produce the conventions of fair play, honest competition and good sporting etiquette as individual participants, team members and spectators. Sports Leaders may then be chosen to organise games and officiate during inter-school competitions. Pupils get the opportunity to learn to swim with qualified instructors and discover how to be safe in water. Our PE curriculum and after school clubs reinforce the PSHCE curriculum through learning about the need for good nutrition and having a healthy lifestyle to support long term health. Yoga sessions have aided in the initial understanding of well-being.

## Impact

Pupil voice indicates that most pupils usually develop an interest in a specific sport after PE sessions. Staff assess progress of the development of skills mapped out for each sporting discipline, thus ensuring skills are transferrable across a range of sports.

Pupils develop healthy lifestyles and an awareness of the importance of developing fitness, warm-ups and cool-downs to keep them safe during exercise and for their long term health benefits. Cross-curricular links are made to science through learning the impact exercise has on different parts of the body.

## Enrichment

Essex has a great foundation of high quality sports facilities and a wide range of activities outside of school hours. Some of our students could reach five to six hours of arranged sports in a week through attending before and after school clubs, sports competitions and visits to elite sporting venues such as West Ham Foundation, the Olympic Park Aquatic Centre and UEL Sports Dock. This helps with competitiveness, confidence and the ability to interact with other pupils from different classes and schools. Pupils, who are highlighted for gifted and talented lessons, have additional sessions that challenge and develop them further. They may then be selected to represent Essex Primary at borough and regional competitions. We have developed close links with West Ham Football Club, Pro-direct Academy, DS Sports Coaching, Newham Running Club and the Langdon Sports Partnership. Past students have had success with some of these clubs to further their career through secondary school. Pupils are offered outdoor and adventurous activities when they attend the Fairplay House residential course offered by Newham and orienteering.