



## Physical Education at Benhall St. Mary's C of E Primary School

### Intent

At Benhall, we believe that P.E. allows pupils to gain skills that are applicable across everyday life including teamwork, perseverance and problem solving skills. Pupils will develop their social, emotional and thinking skills throughout topics of P.E. Declarative knowledge and procedural knowledge are taught throughout lessons. As well as developing motor competence, we encourage pupils to take part in competitive games to understand the importance of playing by the rules, to develop strategies and tactics and to understand the feeling of winning and losing. We want children to engage in physical education throughout and beyond their time in school, to develop a love and passion for physical activity and that they can understand the short-term and long-term benefits of exercise.

### Implementation

We ensure that in their time at Benhall children are able to access a wide range of sporting activities. As children travel through the school, the focus changes from fundamental movement skills in KS1 to engaging more with competitive games in KS2. We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. During KS2 children will have a series of structured swimming sessions. Competition is an important part of Physical Education at Benhall as children enter KS2 and this is used within lessons, intra school leagues, sports day and events with other schools.

### Impact

Assessment, both by teachers and pupils, is continuous within P.E. and is evidenced through the planning and sequence of lessons. Pupils will develop high levels of physical fitness, a healthy lifestyle, a keen interest in PE and a willingness to participate eagerly in every lesson.