

## **Physical Education and Sport**

At Poulton Lancelyn Primary School, we develop physical and emotional skills through a wide variety of Physical Education and sporting activities. We strive to deliver two hours of curriculum PE time per week, in which we provide extensive coverage of National Curriculum objectives. Our PE long term plan sets out progressive sports, including invasion games, dance, gymnastics, athletics, striking and fielding games and net games, across both Key Stages. Additionally, to develop swimming and outdoor skills, swimming lessons are undertaken in various year groups and Year 6 complete a residential trip, where they develop resilience, teamwork and leadership skills. Residential trips are also being introduced into Year 2 and Year 4 to further promote resilience and independence.

We have developed the '#HealthyBodiesHealthyMinds' initiative. Through this initiative, we promote children leading healthy lifestyles, both physically and mentally. Many events have been developed to promote our ideologies including 'Bike It, Walk It, Scoot It Breakfasts' and the #HealthyBodiesHealthyMinds Festival. During the Summer term, we hold our annual sports festival, which promotes inclusivity in sport as well as sportsmanship and team spirit. Also, we have appointed a group of children, known as the sports ambassadors, who actively promote PE and sport through club leadership and providing physical activity during break and lunch times.

Through Government funding, we are able to provide extra opportunities to maintain and develop our coverage of Physical Education. We use part of the funding to maintain our relationship with Co-op Academy Bebington to further improve our ability to provide a high-quality PE curriculum. Teachers are able to access specialist PE continuing professional development and children are able to attend various competitions. Additionally, funding allows us to provide an extensive range of extra-curricular opportunities for our children. Across both Key Stages, children can access a wide variety of sports clubs. Clubs are run by both outside providers and school staff and many are free for children to join.

In the 2018-2019 academic year, we were very proud to have achieved the School Games Gold Award for the first time. We frequently enter competitions for various sports including dance, football, basketball, cross country, tag rugby and netball. These competitions vary from against other schools in the Oak Trees Multi-Academy Trust, to other

schools on the Wirral, to schools across the Merseyside county. As well as entering various competitions against other schools, we believe it is important to promote competition during curriculum lessons and we frequently hold intra-house competitions at the end of units of work. Throughout our PE and sport curriculum, we promote the School Games Values. We believe it is important that our children develop into resilient, fair sportspeople. At the end of each term, we hold our termly #HealthyBodiesHealthyMinds Awards Ceremony to celebrate great sportsmanship, leadership, commitment and achievement throughout the school. As a result of the COVID-19 pandemic, the School Games Awards did not take place in the 2019-2020 academic year and were instead replaced with recognition awards. Our school were very proud to achieve recognition awards for both our work in school and our work online during the lockdown period.

