**PE: Physical Education**

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| **INTENT** | **IMPLEMENTATION** | **IMPACT** |
| At Branston Junior Academy we believe that both physical and mental activity is essential to promote children’s health and wellbeing. Through all forms of physical activity, children learn to develop the right attitudes and skills, especially in relation to PE and Games, that will enable them to live long, healthy lives.We believe that physical activity is essential in learning such skills as teamwork, cooperation, communication and obeying rules, as well as competition against one another and against children from other schools.  | PE is planned progressively, using the National Curriculum, ‘Key Skills’ from our Curriculum and the ‘Complete PE’ scheme, which focuses on skills. It is taught for 2 hours per week, every term. Where appropriate, links are made to other areas of the curriculum and the overall termly topic. Children are taught in a range of ability groupings, with resources made equally accessible to all children.All children are provided with opportunities for extra-curricular activities. This includes a daily session to run round the perimeter of the field, with the overall aim of being able to ‘run the mile’ by the time they have reached the end of Year 6. Children are taught to respect the health and safety of themselves and others. The academy also ensures the health and safety of the children is not compromised by carrying out generic risk assessments for regularly occurring activities and activity-specific risk assessments for those activities which take place off site (eg; orienteering, residential visits) or which occur occasionally.The academy has a register of gifted and talented children who excel at physical activities. It seeks to provide these children with opportunities to develop their skills and talents by linking them with the appropriate outside agencies.Extra-curricular activities are organised in addition to the statutory PE curriculum and children are invited to participate in these on a voluntary basis; this includes participating in various local tournaments and competitions. In addition, all children take part in a week of outdoor and adventurous activities during the summer term. The Year 3/4 children are assessed for their swimming ability at the start of an academic year, with groups then being taken to the nearby pool at the local Secondary School, for lessons, along with any children in Year 6 who are deemed to need extra sessions.Children are encouraged to come to school other than by car. All children are eligible to cycle to the academy. All Year 6 children are eligible to take part in ‘Bikeability’ sessions during Year 6. The academy also takes part in appropriate local and national ‘healthy’ initiatives.Playtimes give children opportunities to enjoy physical activities in their free time. Children are encouraged to play co-operative games by the supervisors on duty. They have access to equipment which encouraged the development of physical activity skills such as balance, strength, coordination and assessment of risk. | Progress and achievement is recorded in the ‘Skills Journal’ which details the key skills for all non-core subjects. This is an ongoing record for the four years that the child is a pupil at Branston Junior Academy. As a result of studying PE, children are also equipped with:* a desire to be physically active
* an understanding of how to look after their own physical and mental health
* self-confidence to ‘have a go’
* resilience to ‘keep going’
* skills to work as part of a team
* skills of being a great sportsperson – with a desire to win, but also the ability to praise someone else who may have achieved better
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