



Subject Focus- Physical Education

Dunham-on-Trent Primary School recognises and values the importance of Physical Education. We aim to develop a fun, high-quality physical education curriculum that inspires all pupils to succeed and enjoy taking part in sports and other physically demanding activities. It is our intention to build a curriculum that enables children to develop knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing values and transferrable life skills such as tolerance, fairness and respect. Through enrichment activities and inter-school competitions, we aim to raise the profile of PE and expose our children to sports they may never have otherwise had the opportunity with which to engage. Additionally, an imperative element of our curriculum is to show a need for healthy life styles, a balanced diet, a growth mind-set and the resilience to persevere. We are passionate about the need to teach children how to co-operate and collaborate with others as part of a team, understanding fairness and equity of play to embed life-long values.

The PE curriculum is taught in-line with the National Curriculum and Early Years Framework. The PE Progression Map sets clear expectations for pupils' progress within the areas of PE. These focus on Games, Gymnastics, Dance, Outdoor and Adventurous activities (orienteering), Athletics and Swimming. It provides opportunities to plan for learning and address misconceptions, enabling teachers to provide additional support and challenge to pupils. It also allows staff to track pupil progress. The PE and sports premium is used to allow expert sports coaches to support and deliver quality and specialist PE sessions. Each class has access to at least two hours of physical activity every week. Using coaches, fun and innovative sessions are offered which provide the opportunity to take part in more unusual activities such as fencing, archery and balance bikes. Children in years 3-5 receive weekly swimming lessons with the aim that by the end of Year 5 all children are able to swim a minimum of 25m unassisted. These lessons run for approximately 12 weeks in each academic year. Specialist sports coaches also offer weekly after-school provision alongside clubs offered by staff such as netball and rounders. They provide children with access to a range of sporting activities. Additionally, children are given the opportunity to enter inter-school events run by the Tuxford PLT. Residential also offer the children the opportunity to take part in adventurous sports, such as abseiling, rock climbing and caving.

Our curriculum aims to improve the wellbeing and fitness of all those in school; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. Through strong links with RHSE we promote the overall well-being and health of each child through teaching about self-discipline and that to be successful you need to take ownership and responsibility of your own health and fitness. Children make good progress in PE and are eager to attend after school clubs and competitive sports events. Most of all, we hope that pupils will leave Dunham-on-Trent Primary School with a lifelong love of sport and physical activity.