



## PE

### Intent

All children at Inmans Primary School are encouraged to develop their physical skills with a view to all children finding a sport which they can participate in and enjoy. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our Rising stars champions curriculum aims to improve the wellbeing and fitness of all children at Inmans, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

### Implementation

- PE at Inmans Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and Athletics.
- The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extracurricular activities. Lunch time sports clubs are available twice a week and children can attend after school sport clubs three evenings per week.
- Children are invited to attend competitive sporting events within the local area as part of the school sport partnership and Holderness academy. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- Each year a small group of Year 6 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.
- Children participate in workshops and classes through partnerships with Hull KR and Archbishop Sentamu academy, Tennis England and chance to shine cricket.

- Children in Year 4 participate in a two week block of swimming in the Spring Term with a STA or ASA certified instructor.
- We have our 300m running track which we use as well as classroom and playground based activities to reach our Active 30 target.

### **Impact**

At Inmans we hope to motivate children to participate in a variety of sports through quality teaching and a curriculum that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary transferable life skills and a love for sport that will hopefully allow them to grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.