



## **Buriton Primary School Physical Education Curriculum**

### **Intent**

At Buriton Primary school, our PE curriculum aims to create a culture where our children are inspired and engaged as an active generation who enjoy PE, encourage each other and achieve. We provide an inclusive, broad and balanced PE curriculum that allows our children to experience a range of activities that encourage a healthy lifestyle and helps them to develop their health, fitness and wellbeing both in and out of school. We are passionate about teaching our children to understand the importance of health and fitness as a fundamental life-skill and to experience the benefits of social interaction, teamwork and cooperation, understanding fairness and equity of play to embed lifelong values. It is also important to us that our children experience competitive sports, providing a breadth of experiences to help them to build upon their resilience and determination, both individually and as part of a team, which will help them succeed and be the best they can be.

### **Implementation**

Our PE curriculum is purposeful and relevant, where all children receive between 1 and 3 hours of high-quality teaching with a qualified coach each week. Our children take part in a range of invasion, striking & fielding or net & wall games, we promote imagination and creativity in gymnastics and dance as well as provide opportunities for athletics using both indoor and outdoor environments. In years 5 and 6, children go on a residential course for outdoor activities and we also take our children in years 3-6 to our local outdoor swimming pool, where they have swimming lessons to develop their water confidence, swimming skills, water safety and life-saving skills.

Playtimes are also an extremely important part of our children being happy, healthy and ready to learn, so we encourage our children to be active throughout the school day with access to our playground, meadow, playtime equipment and timber trail. Our coaches, teachers and year 6 children run various sports clubs at playtimes, lunchtimes and after school, utilising the tennis courts, village hall and indoor and outdoor space at school too. With the children's help, we write a fortnightly 'Sports Newsletter'. This allows us to celebrate our children's achievements and encourage our children to stay active, with lists of sports clubs both in school and within our local community. As part of the 'Hampshire School Games' and our 'Small Schools Cluster Group' we regularly take part in inter and intra sports competitions in a variety of sports, where all children are given the opportunity to take part both on an individual and team level.

### **Impact**

During their time at Buriton Primary School, our children will have participated in a variety of sports and activities that were engaging and fun. They will have learnt to take responsibility for their own health and fitness and many will have enjoyed the success of competitive sports. Our children will hopefully understand the benefits that come from being active with a positive mental wellbeing and healthy lifestyle and can take this into their future lives.