**Physical Education (PE) and Sport**

**Intent, Implementation & Impact**

**Intent**

Woburn Lower School believes that Physical Education and Sport, experienced in a safe and supportive environment, are essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in Physical Education and Sport, developing a life-long enjoyment of exercise and sport and developing important life skills. We intend to develop fundamental movement and sport skills and knowledge within a framework of clear progression through the age groups. We want to teach children a range of sporting skills including 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 curriculum aims to improve the wellbeing and fitness of all children at Woburn Lower School, not only through the sporting skills taught, but through the underpinning values and disciplines that PE and Sport promotes. We intend to spend our PE and Sports Premium money developing our Pe and Sports provision to provide the very best opportunities for our children and we intend to be accountable for this spending and the impact that it has. We aim to ensure that children at Woburn Lower School learn about health and fitness throughout the day and through a range of curriculum subjects.

**Implementation**

* PE at Woburn Lower 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 outdoor & adventure.
* 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 at least two hours of high quality PE and sport lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities. Lunch time sports clubs are available each day through our ‘Active sports’ programme and children can attend after school sport clubs three evenings per week.
* Children are invited to attend competitive sporting events within the local area, working in partnership with Leighton Linslade School Games. 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 4 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 in KS 2 swim once a week for 10 weeks during the Spring Term.  We repeat the 10 week course later in school for any children that are still unable to swim.
* Professional sports coaches run our ‘Active sports’ lunchtime programme, our after school sports and our Key Stage 1 and 2 PE and Sport lessons, offering outstanding CPD training opportunities for all staff.
* Our PE and Sport Premium Action Plan reflects our spending of PE and Sports funding and the impact of this. It is reviewed termly.
* We develop links between PE and Sport and other curriculum areas, for example, in science we learn how our bodies work and the effects that exercise and healthy living can have upon them. In PSHE we link closely with the key values that we promote in PE and Sport – teamwork, co-operation, perseverance and self-discipline. We take part in the LA Health and Wellbeing school’s self review.
* PE and Sports awards are given weekly, for sporting characteristics, for example: sportsmanship, as well as sporting achievements.
* We involve parents through inviting them to spectate and sharing their child’s progress and awards with them.
* Swimming lessons are provided for all children in Years 3 and 4. Children are taught to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and learn basic water safety skills.
* Year 4 children are given the opportunity to attend an outdoor adventure residential trip where they can challenge themselves to try new and exciting activities.
* For children with special needs, the class teacher liaises with the school SENDco to ensure that the necessary resources and adult support are available so that the child can safely take part in PE and Sport at an appropriate level.
* Legal requirement for Health and Safety are carried out. We encourage the children to consider their own safety and the safety of others at all times. We expect children to wear PE uniform accordingly, long hair should be tied back and no jewellery is to be worn for any physical activity. Where piercings cannot be removed, they may be taped. Gymnastics and playground equipment is checked weekly and a professional check is made annually. Children are taught to set up, use, carry and put away equipment safely and correctly. A local swimming pool is used for Year 4 swimming and land rented from the Duke of Bedford is used for school sports day. Standard safety and safeguarding checks are made.

**Impact**

We motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness and to enjoy the participating in competitive sports. We equip our children with the necessary skills and a love for sport and fitness activities. Through Pe and Sport at Woburn Lower School, the children strengthen their positive self esteem and resilience and learn to work as a team with others. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.