P.E.

Intent

At Crosby-on-Eden C of E Primary School, the children's health and well-being is vitally important to us. We aim for all children to lead healthy, active lives whilst at school and beyond. Children are given the opportunity to participate in a wide range of sports and physical activities and our PE curriculum is broad and balanced. They are taught by highly skilled and experienced staff, as well as specialist alternating P.E. Coaches who deliver games, dance and gymnastics across school on a weekly basis. Skills progression is ensured through long term planning from Reception through to Year 6. We encourage children at Crosby-On-Eden to compete against themselves, persevere, trust in themselves and others, show respect and friendship. Our children also join with our local cluster schools to participate in competitive sport and sports festivals as well as attending other events offered within the Carlisle district.

We aim for all children to be physically active for sustained periods of time daily. This begins in the Early Years where children have access to the outdoor curriculum most of the day. At playtimes children are active either on the field or yard, with playtime equipment offered at lunchtime. Our popular weekly Forest School sessions are delivered across school and offer a wide range of physical and well-being nurturing activities. In addition to all this, the Key Stage Two children have an opportunity to experience a range of outdoor and adventurous activities on their residentials. We value swimming as an essential life skill and therefore the children in key stage two are given swimming lessons at our city pools. We aspire for all children to leave Crosby-On-Eden School being able to swim with confidence.

P.E.

Implementation

The pupils receive quality specialist sports coaching and teaching each week as part of their PE lessons. Two different sports/skills are covered per term. Classes follow the PE overview to ensure that pupils participate in a variety of sports. Inclusive and enjoyable after school sports clubs are offered across the age ranges and are led by coaches all year round. We also use the local village green for sports which require a larger space, sports day and the EYFS occasionally visit to use the play equipment and bike track. An annual Sports Day takes place in the Summer Term, this is organised by our PE Coordinator and our specialist Games coach. The children compete in traditional races and sporting events, earning house points for their house team. These points are added to the points accumulated all year round for achievements, attitudes, and participation in relation to sport/physical activity. Forest Schools sessions, led by our qualified teacher, enabling EYFS, Key Stage 1 and Key Stage 2 pupils to engage in a wide range of physical, outdoor activities weekly. We have been awarded 'Healthy School' status by Cumbria County Council and their 'Healthy School Pledge'. We have good links with local Sport and leisure groups such as Carlisle Dance Academy who have provided our dance sessions, as well solo coaches. Children participate in a variety of competitive and inclusive sports such as 'Wheelchair basketball'. We have close links with William Howard Secondary School, who have hosted a variety of extra festivals and competitions that we have participated in, the P.E. coordinator attends P.E. cluster meetings led by William Howard. Our school residentials provide the children with the opportunity to experience a range of outdoor and adventurous activities. Physical achievements such as certificates, medals and trophies in and out of school are celebrated in collective worship, via online platforms such as on 'Seesaw' and 'Tapestry' and displayed in school. Children attend swimming lessons in Key Stage 2.

P.E.

Impact

Children at Crosby-On-Eden C of E Primary engage in and enjoy a wide range of sports and physical activities. They know that regular physical exercise contributes to a healthy lifestyle and a sense of well-being. They have positive attitudes towards PE and are confident to try new things. They strive to be the best they can be and offer help and encouragement to preserve and keep going. The progressive curriculum allows them to develop fundamental skills and to apply them across a range of sports and activities. They are able to engage in competitive and co-operative physical activities, competitive games and sports both at an intra and inter sport level. Children will take part in outdoor and adventurous activities and a range of extra-curricular clubs. Pupils compete fairly and respectfully in sports. Children have swimming lessons and should all be able to swim a distance of at least 25 metres competently and confidently. Children will have had the opportunity to build confidence and resilience through Forest Schools and adventurous activities.