



## PE

### Intent

At Herons' Moor Academy we follow the CLF 3-19 Curriculum, I am an Athlete. Through physical activity, we teach our children the fundamental skills of **agility**, **balance**, and **co-ordination** to enable them to succeed in any sport. Children experience a variety of games and sports at various levels of competition. Children at Herons' Moor encourage and support each other, giving constructive feedback to improve their own and others' performances. We want our children to be physically active and to understand the importance of health and well-being not just for their time in school but for their future life too. It is our intent that children leave Herons' Moor Academy inspired to be physically active whilst upholding strong values of sportsmanship, self-belief, fairness and respect.

### Implementation

Children at Herons' Moor Academy are engaged in two hours of PE every week. This includes one hour of sport and one hour of Real PE. The Real PE lessons teach a well sequenced series of lessons on the fundamental movement skills.

All children take part in every lesson and remain active participants throughout. Children who cannot physically join in (for example, due to injury) are given other roles within the lesson.

Teachers are supported with curriculum delivery through high quality CPD from Lee Molland coaching. The CPD has been matched to needs of individual teachers that were identified through teacher questionnaires and feedback from last year.

Competition is encouraged within PE lessons, through attending level 2 events organised by the NSSPEA and with other local primary schools and their school sports teams. Children are part of a 'House Team' and take part in sporting competitions as part of their house at various times throughout the year.

We aim to inspire children to be physically active by signposting them to sports clubs and activities that are on offer in the local area. These may be after school clubs or half term holiday activities. Visitors are invited into school to raise the profile of PE and sport.

### Impact

Children at Herons' Moor Academy enjoy physical activity. They understand that it is good for both their physical and mental health. They talk proudly about the physical activity that they participate in and demonstrate an awareness of our school values when doing so; the value of sportsmanship is especially celebrated at our school sports day. Children are proud when they talk about the clubs they belong to outside of the school. They leave Herons' Moor Academy with lifelong skills and attitudes to enable them to lead a healthy, active lifestyle.