



Curriculum Vision Statement

Our PE Curriculum

We provide a high-quality physical education curriculum that inspires all pupils to engage with a variety of sports and other physically demanding activities including Forest School. We aim to develop a love of physical activity, indoors and outside, in order to improve wellbeing both mentally and physically and wherever possible, engage children in competitive sports both in and out of school.

Intent

Meadow Park Academy believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health and aligns with our approach of: **'Healthy Body, Healthy Mind'**.

We aim to develop children's understanding of the need to engage in physical activity in order to participate in a full and active life within their community.

We have designed a Physical Education curriculum with appropriate subject knowledge, skills and understanding, to encompass the needs of our children, as set out in the National Curriculum Physical Education Programmes of Study. We recognise the barriers to pupil's engagement with sports and plan our own curriculum to remove these barriers and make physical activity accessible and enjoyable for all.

Implementation

PE at Meadow Park Academy provides challenging and enjoyable learning through a range of sporting activities, including games, swimming, dance, gymnastics, athletics and outdoor pursuits.

- The long-term plan sets out the PE units which are to be taught throughout the year and ensure 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 a varied range of extracurricular activities provided free of charge to all children.
- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental wellbeing. These events help develop teamwork and leadership skills and are very much enjoyed by the children.
- Children from Year 3- 6 access swimming lessons annually.
- A whole school Sports Week takes place where all children have the opportunity to widen their sporting experiences as well as develop their understanding of their own bodies. This also includes being inspired by professional sportsmen and women.
- We use cross-curricular links to ensure children understand the importance of healthy eating and nutrition, not only in sport, but in everyday life.

- We provide knowledge and understanding of how sport and exercise can help relax you and offer a way of growing a healthy mindset.
- Meadow Park Academy work with the local sports academy, John Madjeski Academy, to deliver specialist sports experiences with specific SEN needs.
- We have successfully bid for external funding to provide movement / dance projects for SEN pupils as an enrichment activity.
- We have forged links with many external coaches and teams (Including Reading FC, Berkshire cricket, Virtue Gymnastics and Meadway Sports Centre) to enrich the curriculum on a regular basis.

Impact

We have been able to measure the impact of Physical Education at Meadow Park Academy in many different ways.

- We now have a full time PE coach to ensure consistent high quality of lessons at all times.
- The number of children attending after school sports clubs continues to improve year on year.
- We have increased physical activities where children are competing and performing as a school.
- Our sports week has directly impacted the offer within our curriculum as new sports are introduced.
- We have an increased parental engagement where parents are supporting sporting activities provided by the school as well as attending and participating in parent and child activities provided by the school.
- We hold regular pupil voice sessions where children express their love and enjoyment of PE lessons.
- There are regular teacher observations to ensure the quality of lessons remain to a high standard.
- CPD training is identified and offered to improve the delivery of teacher led lessons.
- We have access to forest school to broaden the physical activities and experiences provided to our children. This improves the children's understanding of how being outside and active can improve their mindset and mood.
- We have increased outdoor learning to improve the children's physical and mental wellbeing.
- More children know how to take responsibility for their own health, both mentally and physically and use PE and sport to relax and enjoy the success of competitive sports.

We aim to equip our children with the necessary skills and develop a love for sport to enable them to live happy and healthy lives utilising the skills and knowledge acquired through physical education.