Let's get Curious about…
Physical Education at Monken Hadley

Curriculum Intent

At Monken Hadley we recognise the value of Physical Education (P.E). We fully adhere to the aims of the national curriculum for physical education to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives
- And most importantly enjoy participating in sports, learning to work together as teams, to celebrate success and to develop resilience in times of challenge.

Curriculum Implementation

P.E. is taught as an area of learning in its own right, as well as being integrated where possible with other curriculum areas.

The key knowledge and skills of each topic are mapped across each year group. This ensures that children develop their knowledge of games, dance and gymnastics and (from KS2) athletics and outdoor activity progressively. The skills in these areas are also therefore developed systematically, with the programme of study for each year group building on previous learning and preparing for subsequent years. Knowledge and skills are informed and linked to enable achievement of key stage end points, as informed by the National Curriculum.

We teach lessons so that children:

- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

The varied curriculum is designed to enable all children to enjoy physical activity and to experience success in sport. Where possible the school enhances the provision of sport with the use of external sport providers such as skilled sport coaches who provide weekly lessons for some year groups, cricket coaches, tag rugby coaches and golf professionals.
Our extra-curricular provision also provides further challenge and access to a range of physical activity.

All children have the opportunity to participate in PE at their own level of development, with teachers ensuring that lessons cater for individual needs. As well as securing and building on a range of skills, children develop knowledge of the basic rules of a range of games and. Children learn in a safe environment and have a foundation for lifelong physical activity, leaving primary school as physically active.

We use our local area as much as possible, maximising the use of the Common and woods for our physical activities. We also at times participate in one off coaching opportunities with the neighbouring secondary school.

In Year 3 children participate in a 12 week programme of swimming lessons. These take place at a local pool and are led by two skilled and experienced swimming instructors. These sessions are tailored and adapted to meet the needs of the swimmers.

Curriculum Impact

The children complete each key stage with a high proficiency in each aspect of PE. Children are aware of the link between physical activity and good mental health and understand its significance as part of a healthy lifestyle. The school participates in a range of competitive sporting activities such as inter school football matches, cross country and athletic meets. We also provide opportunities of non competitive participation in the Barnet Dance Festival.

By the time children are ready to move on to the next stage of their lives they know that being active is good for both physical and mental health, they have experienced a range of sports, they know how to be team players and to demonstrate good sportsmanship.
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