

# *Physical Education at The Mill Academy*

## Rationale and Intent

Through Physical Education at The Mill Academy we aim to develop pupils' knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities to help stimulate positive attitudes towards active and healthy lifestyles. Our whole school approach in providing a range of opportunities to be both physically active and support learning applies to all children in school, regardless of age, gender, race and faith and is inclusive to children of all abilities. Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others.

At The Mill Academy pupils will be provided with the opportunity to develop their personal and social skills by promoting character building, cooperation, team work and self-esteem through physical activity. In providing a broad and balanced curriculum of physical education, we believe that every child should have regular access to activities which are designed to be enjoyable, vigorous and purposeful. We believe that through providing positive experiences in physical activity, a lifelong interest is stimulated, encouraging continuation into a healthy adult life for our children. We aim to develop pupil's ability to: excel in a broad range of physical activities, ensure pupils are physically active for sustained periods of time, engage pupils in competitive sports and activities and enable pupils to lead healthy, active lives.

PE at The Mill Academy encompasses both individual and team sports and there is ample opportunity for pupils to access inter-school competitions throughout the year. We also provide opportunities for external "experts" to deliver sessions with children to promote their sport – totally runnable, Barnsley Football Club, All Stars Cricket.

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## Implementation

Our children receive a high quality, skill orientated, vocabulary rich PE curriculum, where lessons, which are mapped out in broad and balanced progressive manner, enable children to develop the necessary motor skills from EYFS, KS1 and complex skills all the way to UKS2. Our long term plan maps out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Our 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 & adventures. Sports coaches and specialist staff, such as Team Active, are welcomed for wider teaching to ensure the provision is of the highest quality. Teachers and staff engage in regular training to ensure that they are developing their PE knowledge and ability.

Each year group will receive a minimum of 2 hours of PE each week with additional sporting clubs which run after school on most evenings. Teachers and staff also provide additional sporting opportunities on the playgrounds each day through play times and lunch times. Children engage in the 'Daily Mile' to help promote a healthy lifestyle and meet the target of children being active for at least 60 minutes per day. Swimming is taught in addition to this in Year 3, with that particular year spending a term at the pool in order to achieve the required distance of 25m. Children will have the opportunities to participate in a wealth of competitions through: inter-house competitions within the school: inter-school competition through our Trust partnership and also in the wider community of schools. These events develop teamwork and leadership skills and are very much enjoyed by all our children. Furthermore, through our all inclusive school approach, we endeavour to encourage not only physical development but also mental well-being of our children through an active healthy lifestyle..

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## Impact

We aim to enthuse and 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 the responsibility for their own health and fitness; acquiring the knowledge, skills and understanding required to make appropriate choices on both their own physical and mental health, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport, where they embrace a healthy attitude to competition, showing respect for all those involved within the sport. Children at The Mill Academy grow up to live happy and healthy lives, utilising the skills and knowledge acquired through PE in preparation for secondary education and adulthood.