

# Glendale Middle School Physical Education

## Intent

Here at Glendale, we believe a high quality PE curriculum should be an integral part of the whole school curriculum and one that staff, pupils and parents understand and can contribute to. Through PE & Sport our children learn to develop the important qualities of discipline, resilience, communication, team work, and ambition, leading to improved concentration, attitude, and academic.

Our PE curriculum works in tandem with our school's core values, here at Glendale we truly believe that no other subject is able to incorporate and instil the values in our young athletes that we hold important.

A high quality PE curriculum will develop physical literacy and will allow pupils to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. It also contributes to the development of a range of important cognitive skills such as decision making and analysis, and social skills such as teamwork and communication

## Implementation

PE at Glendale Middle School is taught by PE specialists and qualified sports coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are encouraged to participate in exercise through-out the day during PE lessons, swimming, after school clubs, outdoor learning, lunch provision and special events.

We have an outstanding program of intra and inter school competitions which will provide multiple opportunities for pupils to participate in competitive sports and activities both in and beyond the curriculum. This will mean that pupils have the opportunity to participate at all levels of competitive sport.

Our mission is to improve and increase the quality and quantity of high quality PE for pupils, to show how PE can enhance pupils' attainment and achievement and to create pathways for them to continue to be active beyond school. We will be developing our links to outside agencies and clubs which will help to generate positive interaction in the community.

We are striving towards improving the delivery of the teaching & learning of PE in order to promote participation, progress and performance. 'High quality PE and school sport produces young people with the skills, understanding, desire and commitment to continue to improve and achieve in a range of PE, sport and health-enhancing physical activities in line with their abilities'.

In addition to PE in curriculum time, we strive to provide opportunities for children to access physical activity through a wide range of sporting and active clubs such as: football, cricket, circus skills, rugby, yoga, gymnastics and dance. We have also given children the opportunities of trying different sports including skateboarding, hula hooping, dance, tennis, football skills, multiskills and skipping. We encourage active playtimes through the use of sports leaders.

## Impact

Our school recognises the impact that the provision of a high quality PE and school sport curriculum has on the whole school and that it can lead to whole school improvements.

'Developing pupil's personal qualities through PE can affect their attitudes towards school and learning. When PE and school sport provision is of the highest quality, all pupils will, to the best of their abilities, develop and demonstrate the following personal qualities:

- A strong desire to learn & make progress;
- High levels of dedication, attendance and involvement in PE and school sport;
- High levels of commitment to PE and school sport;
- Good levels of positive behaviour such as politeness, fair play and helpfulness;  
and
- High levels of enjoyment and enthusiasm and a strong desire to get involved.'

Festivals and competitions ensure our children have the opportunity to take part in a range of sports both in and outside of school whether that be at a competitive or non competitive level. Glendale Middle School have achieved a School Games silver award for 2018/19 and are working towards a gold award.

