



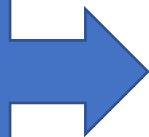
"Inspiring minds to ignite lifelong learning"



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PE at Onchan

Onchan School Key Drivers



Outdoor Learning

PE lessons are ran outside when weather appropriate. Children are given the opportunity to represent school in interschools events off site. KS2 participate in swimming sessions weekly at the NSC for 2 terms per academic year.

Blended Learning

Big Question Examples

How important are our muscles?
Is exercise needed? If no one exercised, what would happen?
Which exercise is best for flexibility?

SDGs

3 - Good Health and Wellbeing

Intent - What are our aims?

At Onchan School, we aim to: build children's fundamental skills that they need to enjoy exercise now and in their future; develop their self esteem and confidence; improve their collaboration and communication skills; develop children's reflectiveness and their understanding of why we need to exercise. Through PE, we aim for children to develop their basic skills that they can apply to specific sports and activities. We aim for children to understand their bodies and how they respond to exercise.

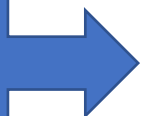
Implementation - How are we working towards our aims?

At Onchan School, in our PE lessons, we focus on building their basic skills. Our PE skills are skill based, not sport based. We plan PE lessons that focus on a progression of skills and include fun games. While our PE lessons focus on fundamental skills, extra-curricular opportunities will focus on sport specific rules and strategies. We will collaborate with outside agencies (eg. MSR, IOM Cricket) to deliver high quality sessions. Progression through skills between phase groups is shown on our curriculum.

Impact - How do we know when we have achieved our aims?

At Onchan School, we should see high levels of engagement and enjoyment. Onchan School children will express enjoyment and enthusiasm during their lessons. At Onchan we will see a broad range of activities offered through lessons and extra-curricular. We should also see participation in the extra-curricular clubs offered. We should see interest from pupils in representing Onchan School in inter-school events.

Extra Opportunities at Onchan



At Onchan School we embrace the extra-curricular opportunities offered. Children have the opportunity to participate in events ran by outside agencies such as: MSR, IOM FA and IOM UCM. We complete whole school events such as: Whole School Walks, Cricket Workshops, Sports Day and Relay in Schools. In SPC, the children have access to MSR, Bike4Life, swimming, hydrotherapy and horse riding.