

Intent:

Our Physical Education curriculum is designed to provide a dynamic and enriching program that inspires every student to reach their full potential, build self-confidence, and cultivate a lasting passion for physical activity. We are dedicated to ensuring that each child achieves a high level of physical literacy, which includes mastering essential movement skills. Through participation in a diverse array of engaging activities—spanning team sports to individual exercises—we aim to enhance not only students' physical capabilities but also their social interactions, emotional resilience, and cognitive development. We believe that adopting a holistic approach to physical education can foster a lifelong love for movement and promote overall well-being.

Implementation:

Physical Education is conducted twice a week, with cross-curricular connections designed to enhance active learning. Our lessons ensure that children:

- Engage in enjoyable activities and celebrate their achievements in sports.
- Participate at their developmental levels through adaptive teaching practices.
- Build skills progressively across year groups, including EYFS.
- Foster strong sporting attitudes that align with our school values.
- Understand basic rules and experience healthy competition.
- Engage in challenging activities to enhance their fitness levels.
- Learn in a safe and supportive environment.
- Establish a foundation for lifelong participation in physical activity.
- Effectively acquire new knowledge and skills in Physical Education.
- Practice skills both independently and collaboratively for high performance.
- Achieve elevated levels of physical fitness.
- Recognise the significance of a healthy lifestyle and regular exercise.
- Maintain sustained physical activity for long-term health benefits.
- Develop leadership skills to inspire and evaluate their peers.
- Demonstrate creativity in techniques and strategies.
- Cultivate a strong interest in Physical Education and extracurricular sports.
- Learn to swim at least 25 meters by the end of Year 6, along with essential water safety knowledge.

Impact:

Our curriculum is thoughtfully designed to ensure that students cultivate competence, confidence, and enjoyment in physical activity. Regular participation in these activities contributes significantly to children's physical health, mental well-being, and social development. By providing a comprehensive and inclusive Physical Education program, we aim to foster habits and attitudes that support healthy, active lifestyles well into adulthood. The foundation established through Physical Education serves as a vital basis for a healthy, active life, equipping children with the skills and confidence to engage in physical activities as they transition to secondary education. Access to a diverse range of activities allows for the development of transferable skills. Additionally, our competitive sports opportunities motivate children to succeed, reinforce the school's core values, and foster character development. Our pupils are assessed against specific criteria.

Useful Websites:

<https://www.youtube.com/watch?v=-TGEdzRzSbw>

<https://youtu.be/d3LPrhI0v-w>

<https://youtu.be/SbFqQarDM50>

<https://youtu.be/pnKCGY9ZocA>

<https://youtu.be/rN0h6EZd6TM>