

PE –What's It All About?

Intent: Enjoyment

- Help children to maintain positive physical and mental health
- Teach children how to live an active and healthy lifestyle
- Promote physical well-being to help with child obesity
- Teach and allow exploration of fundamental skills that can be applied to game situations
- Improve life chances - children participate in competitive elements of sport which develops life skills in the wider community
- Learn the sports values – honesty, teamwork, respect, determination, passion, self-belief which can be implemented in other subjects

Implementation:

- Teaching high-quality PE lessons led by class teachers
- Observing progression over the years to ensure basic skills are learned before being implemented into games
- Playing competitively at our school and at local competitions
- Offering sports clubs to all children throughout the year
- Training up sports leaders and play leaders to give children responsibility for their learning and physical welfare
- Child-led activities – sports leaders, play leaders etc
- New scheme – Champions, Rising Stars to support pe planning and teaching.

Impact:

- Children feel happier, healthier, stronger and fitter enabling them to develop and lead more active lifestyles.
- Children are more aware of how their bodies work and how exercise can have a positive impact on their mental and physical health
- Children are physically and mentally challenged
- Children learn to work cooperatively with others to achieve their goals
- Children learn how the fundamental movement skills are the foundation to playing games