



## Curriculum Statement: PE



### Intent

Through our PE, School Sport and Physical Activity curriculum we aim to develop the following skills.

#### **Physical Skills**

- Running, jumping and throwing
- Controlling objects
- Outdoor skills challenges
- Balance and body control
- Movement and travel
- Swimming and aquatic skills
- Movement to music
- Gross and fine motor skills

#### **Thinking skills**

- Creativity
- Independent learning
- Decision making and tactics
- Confidence and self-esteem
- Resilience
- Applying skills and knowledge
- Predict and judge outcomes

#### **Social Skills**

- Teamwork and collaboration
- Communication
- Leadership
- Responsibility
- Fair play and honest
- Inclusion
- Empathy and supporting others
- Competing with and against others

## **Health and Wellbeing**

- Physically active habits
- Understanding healthy eating
- Understanding how the body works
- Understanding what exercise does for the body
- Physical safety □ Physical fitness
- Experiences outside of regular environment
- Celebrating success

## **Implement**

This is how we aim to deliver our PE, School Sport and Physical Activity curriculum. **Physical Education (PE)**

- Structured PE timetable which allows for a range of activities
- Fun and active lessons which engage all pupils
- Child-friendly learning outcomes and children understand the context
- Age appropriate activities for all pupils and all pupils to make progress
- All staff to inspire learning
- Purposeful assessment and feedback

## **School Sport**

- A range of opportunities for ALL pupils to engage with sport outside of lesson time
- Access to competitions and events for All pupils
- Links to wider sporting events (Olympics, World Cup, Wimbledon)
- Targeted provision for those who need it
- Student voice to provide relevant opportunities
- Provide pupils with exit routes to continue sport/activities outside of school

## **Physical Activity**

- Creating active environments across school
- Supporting active travel
- Promoting activities at breaks and lunchtimes
- Using activity as a tool for teaching active lessons
- Embedding physical activity interventions throughout the school day

## **Impact**

From the delivery of our PE, School Sport and Physical Activity curriculum we want our children to:

- Understand the importance of being healthy and active
- Be physically literate
- Be inspired to have lifelong participation
- Be rounded citizens
- Have broad experiences in a range of activities

As well as the above we want each child develop the following personal skills:

- Character development
- Understanding cultures
- Resolving conflicts
- Resilience
- British values
- Be an active citizen