



## **P.E.**

### **Intent**

The Saints Federation aim for the P.E. curriculum to inspire all pupils to succeed and excel in competitive sport and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Children will have opportunities to take part and compete in sport and other activities that build character and help to embed values such as fairness and respect, with an emphasis on working with others to achieve success.

The national curriculum for PE aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically fit for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### **Spiritual Development**

*Through physical education in our school, pupils develop their knowledge and understanding of the body's performance when exercising., including the values of endurance and perseverance. During dance, and sports such as gymnastics, pupils are being creative by expressing feelings and emotions in their performances. Allowing pupils' reflection time to evaluate their experiences allows them to build a positive mindset and promotes progression.*

### **Implementation**

The long-term PE plan sets out the activities and skills taught and ensures the requirements of the National Curriculum are fully met.

The school follows a rich and progressive programme provided by Get Set 4 PE, which incorporates whole child objective within a structured, skill based curriculum.

We provide opportunities for all children to engage in extra-curricular activities after school. We also are signed up to the South Norfolk School Sports Partnership and School Games, providing experience of inter-school competition, events and physical activities as well as school support and CPD.

We hold a sports day annually to promote collaboration, participation and enjoyment.

## **Impact**

Children are enthused and engaged, and actively look forward to PE lessons in school.

Children choose to participate in sport and activity outside of school through clubs and sporting organisation.

Children demonstrate progression in fundamental movement skills and ability to apply those skills increasingly competently, creatively and effectively in physical activities and sports as they move up the school.

Children are fit and healthy during their daily school life.

Children leave with an experience of competing in inter-school sport or taking part in out of school events, festivals and physical activities.

Children choose to use their free-time in school to take part in physical activity in constructive and positive manner