

Subject on a Page

Physical Education – We believe that not only does exercise improve a child's overall health and fitness, it helps to improve their mental health and cognitive development as well.



Intent: we aim to...



Inspire all children to develop a love of physical activity and sport, through a high-quality physical education curriculum and daily physical activity.

Develop children's understanding of a healthy lifestyle, making connections between physical health and mental health that supports our children's wellbeing into their adult life.



Give children the opportunity to work as a team, showing collaboration and co-operation, and an understanding of fairness and respect.



Provide a range of active experiences and expose children to competitive and non-competitive sports, building resilient and confident children who will strive for their personal best.



Implementation: How we achieve our aims...



Outstanding Teaching

Provide a carefully planned curriculum which ensures a broad and full range of skills and activities. Ensure planning is adapted to meet the needs of all our children, challenging everyone at their level. Our scheme of work progressively builds on key knowledge, skills and techniques.

Opportunities

Providing high quality PE in a variety of sports including tag rugby, gymnastics, swimming, dance, athletics and netball. Ensure all children have the opportunity to compete within year groups and take part in extra-curricular activities throughout the year in addition to daily physical activity. Children have the opportunity within lessons to work independently and within teams in both competitive and non-competitive situations.



Inclusion



Children in EYFS participate in sporting activities that develop their fine motor and gross motor skills. Offering a wide range of sporting opportunities within each year group. Providing children with feedback during lessons to enable them to progress more quickly.



Impact: How we will know we have achieved our aims...

Children leave Braywood understanding the benefits of leading a physical and healthy lifestyle. They can explain how physical activity makes them feel.

Children demonstrate enthusiasm within PE lessons and can discuss their progress and what they need to do next.

Children will share and celebrate their sporting achievements. Children participate in intra-school and inter-school competitions.

Children can articulate their own opinions fairly, manage conflict positive and challenge global injustice whilst listening to others' points of views.

