



Intention:

Prae Wood recognises and values the importance of Physical Education (PE). Our intention is to provide a PE curriculum which ensures all children are motivated, physically competent and confident to engage in a broad range of sports and activities. We want our children to enjoy and be engaged in PE, physical activity and sport, inspiring them to develop healthy active lifestyles which benefit their physical and mental wellbeing. Our curriculum also supports the development of wider values associated with sport such as fairness, teamwork, resilience and respect.

Implementation:

PE at Prae Wood provides challenging and enjoyable learning through a range of sporting activities including; Invasion Games, Net & Wall Games, Striking and Fielding Games, Gymnastics, Dance, Outdoor & Adventure Activities and Swimming. All children participate in two weekly PE lessons delivered by a specialist PE teacher supported by the class teacher. Our curriculum is designed to meet both the children's needs and interests and ensure skills and understanding are developed and strengthened. Links are made to prior learning and children are encouraged to reflect on their own performance and that of others. Children are given opportunities to experience competition both on an inter and intra school level.

Further opportunities for physical activity during the school day are included, for example taking part in The Daily Mile. All children are encouraged to participate in extra curricular sporting activities with a wide range of after school sports clubs offered both by staff and external providers. Partnerships with sports providers and external visitors have been developed to inspire children and promote the values of sport and physical activity. We also share the achievements and sporting successes of our children both through their involvement in school teams and outside of school.

Impact:

At Prae Wood we ensure our PE curriculum allows children to develop fundamental movement skills which they can apply to a variety of sports and activities. Children understand how to lead a healthy lifestyle and the importance of regular physical activity. We aim to meet the National Curriculum requirements for swimming and recognise the importance of swimming as a life skill. By exposing children to a wide range of sports and activities, we hope that every child can find a sport they enjoy and which encourages them to stay physically active as they move into secondary school and beyond.