

PE



Intent

At Sheet Primary School we believe that Physical Education, delivered safely and in a supportive environment, is essential to ensure that children attain optimum physical and emotional development. The high quality curriculum is designed to inspire pupils to succeed in competitive sport and other physically-demanding activities. They will become confident in ways which support their on-going fitness, build their character and embed key values of fairness and respect.

Children will:

- Develop competence in a broad range of physical activities
- Be physically active for regular and sustained periods of time
- Engage in competitive sports and activities
- Lead active and healthy lives.



Implementation

Our curriculum aims to improve the wellbeing and fitness of all children at Sheet School as well as giving pupils opportunities to enjoy competing in sports. We aim to ensure that children are active every day through PE lessons, playground (independent or guided) play, active learning or after school clubs.

Pupils participate in two high-quality lessons of PE each week.

Skill areas (gymnastics, dance, OAA, invasion games, net and wall games and striking and fielding games) are taught annually ensuring a progression of knowledge and skills. Some aspects of Outdoor Adventurous Activities will take place on school trips and residential. Swimming is taught in Year 3 and Year 4 (and Year 5 if competence has not yet been met). All resources and equipment needed for PE lessons are used in accordance with 'Safe Practice in PE' (AfPE).

After school extra-curricular sports sessions are offered and pupils are invited to attend competitive sporting events within the local area organised by the Small School Partnership and Bohunt Sports Partnership. This inclusive approach encourages both physical development but positive mental well-being.

Impact

By the end of Year 6, pupils are equipped to compete in age-appropriate levels of the different sports. Our pupils will be motivated to participate in a variety of sports through quality teaching that is engaging and fun. They will learn to take responsibility for their own health and fitness and be equipped with the necessary skills to enjoy competing in sports. Lessons in good health will be continued in their journey to secondary school and into adult life.