



*'Discovering life in all its fullness.'*  
**Hesed ● Hamdah ● Honesty ● Horizons●**

## Physical Education (PE)

### Overview

At Lindridge St Lawrence CE VA Primary we believe that a high-quality physical education should engage, inspire and challenge pupils, equipping them with the knowledge and skills to participate, practice and flourish as young athletes. As children progress, they should be able to think critically and develop a more rigorous understanding of Physical education.

### Intent

Lindridge St Lawrence Primary School believes that physical education, when experienced in a safe and supportive environment, is essential to ensure children gain good levels of physical development and live a healthy life. We aim to deliver high- quality teaching and learning opportunities that inspire children to flourish in physical education.

We want to teach children the key skills to keep themselves safe through sporting opportunities, such as being able to swim. It is also important to us that we teach them how to cooperate and collaborate with others as part of a team, understanding fairness and equality of play.

Our curriculum aims to improve the wellbeing and fitness of all children at Lindridge St Lawrence primary school.

### Implementation

- PE at Lindridge St Lawrence Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
- The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- Each year a small group of Year 6 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.
- Children participate in workshops covering a variety of sports throughout the year. For example Yoga, outdoor and adventure, orienteering, again providing the children with an opportunity to develop, improve their fitness and to try something new.
- Children in Key stage 2 swim once a week for a selection of sessions per class. We repeat the 10 week course later in school for any children that are still unable to swim.
- We are soon to launch the "Daily Mile", to help meet the government target of all children being active for at least 60 minutes a day.

### Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. Our children are given the skills to hopefully grow up to live happy and healthy lives.