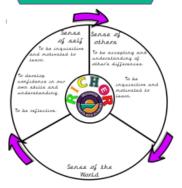
PE Intent

Respect – PE helps our children to embrace differences through teamwork. Children take part in outdoor and adventurous activities which challenges them both individually and within small teams.

Exceptional – PE gives children the opportunity to excel in a broad range of physical activities. Our PE curriculum encourages children to develop their own belief systems to become exceptional, well-rounded human beings. Resilience - PE transforms learners by building their resilience, positivity and sportsmanship, keeping them physically active for sustained periods of time. Swimming also builds on resilience as they are required to perform saferescue and be able use a range of strokes effectively.



High aspirations – PE gives children the opportunity to show their skills and allow engagement in competitive sports and competitions both in school and in the wider community. Independence – PE allows children to develop their own self-confidence, self-esteem and independence through evaluating their own skills. As well as developing their mental health, we encourage the development of physical strength, flexibility, technique, control and balance.

Creativity – PE lessons give opportunities for children to be creative by leading, modelling and developing and broadening their own skills. This allows selfevaluation, comparing their performance. It also enables children to offer constructive feedback to their peers.