

## ACADEMIC

The key element of our approach to physical education is the development and progression of skills. This has been ensured through a carefully crafted in house created scheme of work. These lessons are often taught separately than the rest of the curriculum but follow the 2-hour requirement from the Government. In order to ensure a well-rounded approach, children have both an indoor and an outdoor session a week. The indoor lessons usually have a focus of gymnastics and dance and the outdoor sessions are usually sport based. The lessons are very skills based and in KS1 the children learn these skills and the proper technique in order to achieve a desired effect. In KS2 the children are taught to fine tune these skills and build upon them until they are demonstrating these skills to the best of their ability.

In PE sessions children are immersed in a Christian ethos without even realising it. The approach of good sportsmanship goes hand in hand with Christianity as it teaches many similar beliefs. It is in our PE sessions that children have an opportunity to show skills like empathy and helpfulness and practise them until it becomes a part of them so that when they are part of the wider community they can take those skills with them.

Sportsmanship, Empathy, Helpful to all (even opposing player) Humble, Graceful losers, Winning isn't everything, I can attitude Self-improvement

Within our varied PE curriculum, a child's health, social and emotional and physical needs are fostered. To help children It is in our lessons that children are able to develop strength of character and resilience and be as well as being active which in turn helps to keep both the mind and the body healthy. We strive for equal opportunities for all be that based on faith, age or gender everyone is given the chance to participate and make adaptations for those that require it. Sports events, Girls team – equality, Link between physical exercise and

mental well-being, Everyone can achieve approach, Taught how to loose and that it doesn't matter, Team work, Developing sportsmanship, Sports captains, Sports equipment at break and lunch

**Outcomes - What will our children look like? (IMPACT)** 

Resilient; Inquisitive; Reflective; Challenged; Aspirational; Confident; Creative; Content; Articulate; Compassionate; Proactive; Informed; Engaged; Generous; Self-sufficient; Kind; Respectful; Caring; Tolerant; Dependable; Thriving; Forgiving; Honest; Independent; Educationally qualified (to their potential); Vigilant; Self-aware; Global Citizen

## WELLBEING