



Physical Education Curriculum Statement



"I can accept failure, everyone fails at something. But I cannot accept not trying." Michael Jordan

At Vallis First School, Physical Education curriculum is to inspire all children to succeed and excel in competitive sport and other physically demanding activities. Physical Education will provide opportunities for children to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities will be offered to all children in order to build character and help to embed values such as fairness and respect. Through Physical Education we aim to develop the children's knowledge, skills and understanding, so that they can perform with increasing confidence and competence in a range of physical activities. We aim to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential. We aim to ensure that the children's experience of Physical Education is positive and motivating and that children's attitudes to a healthy lifestyle are firmly embedded in our curriculum.

Intent

Our vision at Vallis is to inspire every child to be passionate about Physical Education and Sport, while bringing PE to the heart of the school. To have a fully Inclusive, broad, balanced curriculum. Lifelong involvement, love of PE, develop resilience, promote key values; honesty, team work etc.

- ✓ To equip **every** child with the key **physical** and **social** skills that can be facilitated through to PE and sport
- ✓ To enable **every** child to progress with **confidence** and **competence** in PE and sport -throughout their school journey and beyond
- ✓ To embed key sporting **values** that can be applied positively in everyday life.
- ✓ To **inspire** children to live a **healthy** and **active** lifestyle into adulthood, using PE and sports to facilitate this
- ✓ To develop the **physical** and **mental wellbeing** of **every** child and ensure it is central to their physical education journey

Implementation

We deliver a high-quality, broad and balanced PE curriculum, through the use of the 'Primary PE Planning' scheme, which inspires all children through well-structured lessons that are fun, engaging and inclusive to all; allowing children to develop fundamental skills and competence to excel in a wide range of physical activities. Pupils are encouraged to take part in individual skill challenges as well as team games in order to develop and progress their fundamental skills.

We are passionate about raising participation levels in sport and improving the health and well-being of our children, so we provide a wide range of after-school sports, extracurricular activities and intra-school competitions in addition to every child having 2 hrs per week taught by class teachers (e.g. 1 hr indoors, 1 hr outdoors or 1 unit blocked).

We aim to develop our children' key fundamental movement skills ensuring they are motor competent in Physical Education. Children of all abilities will have access to High Quality PE in order to achieve their full potential and become physically confident. Our lessons aim to be inclusive for all, in a fun and safe environment. We aim to give the children a lifelong love and passion for Physical Activity and Sport.

Our Mission is:

- For our lessons to take each children on an exciting and progressive learning journey from Early years through to KS2, ensuring mastery of key skills.
- For all lessons to be inclusive and fully supportive, ensuring that 'PE is for everyone!'
- For children to actively learn and live important values, all through the power of PE and sport.
- We want to inspire and challenge ALL children, whatever their abilities.
- We aim to develop confident young leaders through our PE lessons and leadership programme.
- We aim to educate children about physical and mental well-being and to inform as to the benefits of a healthy and active lifestyle.
- We aim to further develop and nurture strong school-club and competitive links with the local partnership and community-based organisations- providing our children with access to a support structure to pursue their chosen sports and activities beyond school.
- To support and complement cross curricular subject areas through our physical, fun and engaging lessons.

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. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

Our PE and school sport provision is of the highest quality and all children will, to the best of their abilities, develop and demonstrate the following personal qualities:

Children at Vallis, will be able to:

- A strong desire to learn and make progress within and across a range of different sports
- High levels of dedication, attendance and involvement in PE and school sport
- Good levels of positive behaviour such as politeness, fair play and helpfulness
- Children can take forward a range of sporting skills
- A good understanding of how to live a healthy and happy lifestyle
- To have physical literacy – the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity

Curriculum Lead: Tracey Messenger

Subject Lead: