

## PE (Physical Education at Carr Mill)



‘Physical fitness is not only one of the most important keys to a healthy body, It is the basis of dynamic and creative intellectual activity.’ John F. Kennedy

## Intent

Carr Mill Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Carr Mill, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

## Implementation

- PE at Carr Mill Primary School focuses on movement, playing and competing 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.
- Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities.

- Our OPAL (outdoor play and learning) time during breaks and lunch allows the children to explore and refine their skills further, developing resilience, confidence and team work.
- 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.
- Children participate in sports they may not be able to access outside of school such as jag tag and archery with our specialist coach Miss. Jolley.

### 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.