

Resilient Independent Skilled Expressive

We want our pupils to RISE



PE Intent Statement

PE is essential to our curriculum offer as a way to promote pupils being healthy, keeping active, and understanding their own bodies and how their body moves in a space. PESSPA (Physical education, school sport and physical activity) supports wellbeing and mental health and helps pupils to develop hobbies for life. Many skills learnt during PE are transferable to home and the wider community. Dressing skills promote independence, whilst the ability to play and compete alongside peers helps establish friendships and relationships through a shared enjoyment of activity. They will begin to understand that rules and instructions are important and that participation and competition can be fun. Pupils have the opportunity to set personal bests and compete against themselves in order to feel a sense of achievement and pride as they improve.

Physical activity is embedded throughout the day with the use of movement breaks and OT resources and activities to meet the individual needs of all pupils. All pupils have at least 2 hours of Physical Education a week including an hour of Swimming and an hour of PE which covers strands such as gymnastics, dance and games. These use a range of equipment to build fundamental movement skills. Beyond this, pupils are also offered a wide variety of enrichment activities during their time in the school ranging from yoga to horse riding to support every child to find an activity which they love. This lays the groundwork for a healthy lifestyle which will support pupils to manage their own weight and health as they get older.

Love – Learn - Laugh