



# PHYSICAL EDUCATION OVERVIEW

## Intent

At Prior's Mill we value how important physical education is in terms of a child's progression within Primary School. We are fully committed to the inclusivity of all children who attend Prior's Mill. We aim to cover all of the objectives set out within the National Curriculum for P.E. This will ensure that all children can:

- Lead healthy lives, making decision that lead them towards a more active lifestyle.
- Participate in a range of intra and inter school sports competitions and festivals.
- Set personal goals to continually improve their ability.
- Develop a range of skills to work as a team and/or take a leading role which will allow them to access a range of physical activities.
- Access physical activity for at least 30 minutes per day whilst sustaining 2 hours of physical education per week.

## Implementation

P.E is taught at Prior's Mill as an area of learning in its own right for a minimum of 2 hours per week. One session is based around the skills required to take part in either Dance, Gymnastics, Athletics or Games. The second session focuses on adapting this skill into a game situation relevant to the learning taken place in the previous lesson. In addition, at Prior's Mill we accommodate for preparation of sporting competitions throughout the year. We teach these lessons so that children:

- Build confidence within their own abilities.
- Understand the basic rules involved within different sports.
- Feel like they have at least one sport they can take part in.
- Have the opportunity to build on their own level of development at their own pace.
- Develop good team skills and attitude towards sport.
- Have fun and experience success within a safe learning environment.
- Developing links with outside sporting clubs through positive competition.
- Create a foundation for lifelong physical activity, leaving primary school as physically active.



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## **Impact**

Within our school, P.E is taught as a foundation for a sustained active lifestyle. The children are able to access an abundance of activities which will allow them to develop an awareness of their own strengths and abilities. Providing them with a positive mind-set towards working on their weaknesses and encouraging others to do the same.

The high quality of teaching within Physical Education will inspire the children to succeed in their sporting endeavours and compete not just with others but with themselves. At Prior's Mill we endorse the Sainsbury's School Games which is based around 6 key values. We encourage our children to follow these values, not only in sport, but in everything they do. Children who demonstrate these values will be celebrated in an assembly during Sports Week.

The Spirit of the Games Values focus on personal excellence through competition. There are six values:

### **Honesty**

With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.

### **Teamwork**

Treat everyone equally, support each other's and work together to have fun and achieve. Celebrate each other's success. Be a good friend and a positive team player in school, sport and life.

### **Respect**

Treating others politely and with understanding. Accepting life's 'ups and downs' with grace. Respect every day, in everything you do and for everyone around you.

### **Self-belief**

You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

### **Passion**

Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.

### **Determination**



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Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!