



PE Vision/Intent

PE Vision

To promote the health, well-being of every child and develop their ability to learn, succeed and achieve lifelong skills.

Securing strong lifelong physical, emotional and social aspects of health and wellbeing.

Develop transferable lifelong skills to flourish in all aspects of life, including: teamwork, resilience, independence, creativity, empathy and leadership.



Mind



Motivate

Move

Have fun developing the fundamental skills and competence to excel in a wide range of physical activities that have relevance, meaning and purpose.



Igniting a love of healthy active living that will last a lifetime.



IMPLEMENTATION

Curriculum

-2 Hours of timetabled PE for each class each week.

realPE Across ALL Classes to deliver consistent PE

Approach for all pupils covering;

- Progressive Fundamental movement skills (ABCs)
- Multi Ability (Holistic approach) developing Personal/Social/ cognitive and creative skills alongside Physical and Health skills.

Premier Sport across all classes so children can apply the skills taught in REAL PE and develop them further through games.

We apply these learned skills in a variety of **additional Physical activities** to give a broad and balanced offer;

e.g. OAA, swimming- delivered to practice, consolidate and use the skills taught in realPE.

Using PE as a **cross curricular link** to Maths, Literacy and science using Quick fit 10, mindfulness minute and through the 5 ways of wellbeing.

Additional Activities

- Daily 10 minute 'Quick Fit 10' physical activity sessions.
- Daily mindfulness minute breaks.
- Inter-school **competitions and festivals**.
- **Virtual Challenges for all** children, within the PE cluster.
- **Quickfit 10 awards given out half termly-** recognised in assembly and put on the celebrations wall.
- **Extra-Curricular sports clubs**, e.g. football, gymnastics, tennis, running.
- **Curriculum Experience days** to develop the whole child, e.g. Mindfulness, extreme frisbee, speed stacking.
- Learning about and being part **of world wide sporting events**, e.g. Rugby World Cup, The Olympics.
- **Inter-schools sports week-** competing within a team across both schools (Corpusty and Foulsham).
- **Leadership & Volunteering-** Playground leaders