



Our PE Curriculum Journey

Intent

Rationale:

A high-quality physical education curriculum inspires all pupils to experience competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in activities that develop resilience and help to embed values such as fairness and respect.

Aims:

We have high aspirations for all our children. Our PE Curriculum aims to ensure that all children:

- develop physical literacy and a strong foundation of physical skills
- develop resilience, independence and a sense of fairness and respect when working with others
- are physically active for sustained periods of time
- experience a wide range of physical activities
- engage in competitive activities against self and others
- lead healthy, active lives and develop a sense of well-being.

PE Curriculum Journey across EYFS & KS1:

Pupils will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

