

PE

We aim to give EVERY child the physical literacy, emotional and thinking skills to achieve in PE, Sport and life.

Today's children and young people are growing up in a world that is becoming more about technology than ever before and children's opinions of sport are ever-changing, which is impacting on the disengagement of many children. We want to encourage all children to want to continue sport and exercise past their school life and create an ethos of creating healthy habits in to their adulthood.

We are a Real Legacy School who follow the Real PE, child-centred, unique approach. It has transformed how we teach PE and challenges and engages EVERY single child within lessons. It focuses on the fundamental movement skills of the child's development.

- **Agility**
- **Balance**
- **Coordination**

Real PE developed the whole child, not only in general PE lessons but Real Gym, Real Dance and Real Foundations. Each term there is a multi –ability focus which encourages the development of the whole child, in line with the Ofsted framework:



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| <ul style="list-style-type: none"> • Personal • Social • Cognitive | <ul style="list-style-type: none"> • Creative • Physical • Health and Fitness |
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Not only do we encourage the involvement of PE in lesson but we ensure children have access to sport and exercise throughout their day by providing:



- Physical education lessons led by members of staff/ Qualified specialist teachers and Sport coaches.
- Sport Enrichment sessions – including sport coaches from a range of settings focusing on different skills.
- Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE and science
- Extra-curricular clubs through our after-school clubs
- Lunchtime activities
- Outdoor and active learning within lessons including brain breaks within lessons
- Real PE at home logins

Our children have access to have a diverse choice of activities in which they can participate – competitive, non-competitive, structured, unstructured and including some physical activity options such as drama, gardening.

Our children are on a unique PE journey full of inspiration, engagement and challenge.

Jasmine - Jasmine's Journey Creating positive relationships with physical activity for life



Click the image above to watch the 'Jasmine's Journey' video

Skills progression



Click the image above to view 'Progression of Skills' PDF document