

PE Curriculum

The PE and Sport Curriculum is delivered throughout the year with children having access to physical activity in different ways:

1. All children from Reception to Year 6 have 1 hour of PE delivered by a PE specialist
2. All children from Year 1 to Year 6 have swimming once a week for a term
3. Children in Years 1 and 2 have forest school for 3 terms each year
4. There are sport After school clubs available for all year groups every term
5. At lunchtimes all children have access to various sporting activities delivered through our continuous provision programme
6. Our membership of NOSSP gives access to competitive and inclusive sporting opportunities to all year groups from Year 1 to Year 6
7. We arrange football and netball fixtures against other local primary schools for Year 3 to 6.

The focus of the PE curriculum is to equip children with the knowledge, skills and motivation to lead an active, healthy lifestyle and to give them a desire for lifelong participation in physical sport and activity. PE lessons aim to improve the agility, balance and co-ordination of all children. This enables them to catch, throw and strike a ball as well as to jump, run and change direction in a controlled way. With these skill sets children are then able to access a wide range of sporting activities at various levels.

PE lessons are also inclusive ensuring that the STEP approach is used to enable all children to develop their skills regardless of any disabilities. The STEP approach ensures that the Space, Task, Equipment and People are all suitable for all the children in the lesson.