

Physical Education Intent

At Holsworthy Primary we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, instil confidence in their ability and build the foundations for a healthy lifestyle and lifelong love of physical activity.

Through good quality physical education and our whole school values, we aim to nurture confident, resilient children who will strive for their personal best in order to flourish. Lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. Our intention is for our children to obtain the values and skills to celebrate and respect the success and best efforts of others, as well as modestly celebrating their own successes. We listen to, and recognise our children's wants and needs by providing them with a range of active experiences and clubs in addition to our core PE sessions.

Our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values and the objectives laid out in the National Curriculum. Get Set 4 PE is a progressive scheme used from Nursery to Year 6 which ensures our children are increasingly challenged as they move up through the school.

Each P.E lesson involves physical activity, where children develop the fundamentals required to access competitive sports and activities. These include games and activities where children work on their strength, balance, coordination, stamina, teamwork, understanding of rules, throwing and catching skills, etc.

Alongside this, we promote a healthy, outdoor lifestyle which highlights the importance we place on the wellbeing of both pupils and staff at Holsworthy C of E Primary School.