

## PE



"An active mind cannot take place in an inactive body"

*General George S. Patton*



### Intent

At Wellesley Park Primary, we understand that PE is a vital part of school life and ultimately children's future well-being. Exercise is intrinsically linked to effective learning and ensuring excellence within our curriculum. It is therefore our **intent** to provide an inclusive, broad and balanced **PE** curriculum that ensures ALL children will benefit, whether through enhancing existing skills, learning new skills or being introduced to new sports, clubs, teams and organisations.

### Implementation

- Children participate in high-quality PE lessons once a week using the Rising Stars Scheme.
- Children to access 2 hours of quality outdoor education each week linked to National Curriculum learning objectives.
- Teachers use and adapt Rising Stars' planning and resources to ensure lessons are accessible and differentiated to all abilities.
- Classes to complete Daily Mile three times per week (Monday, Wednesday and Thursday).
- Children participate in a variety of competitive sports as part of SASP. Attendance to year group specific sports festivals for Key Stage 1 and 2.
- All classes participate in Just Dance, BBC Super Movers or teacher led on a daily basis to help students meet the 30 minutes of physical activity at school and facilitate concentration in lessons.

### Impact

At Wellesley Park, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active and this has positive implications on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of exercise. We hope children enjoy PE and develop a love of sport and physical activity in and out of school. All pupils understand the values and importance of fair play and being a good sportsperson.