



## PE Curriculum Statement

### Intent:

At Mytchett, PE is engaging, empowering, challenging and fun and develops each child as a learner and a lover of physical activity and sports. Children have a good understanding of the benefit being active has on physical and mental wellbeing, as well as how it develops positive emotional and social skills.

The School Games Values, alongside the Mytchett HEART values, are interwoven within all PE and games sessions, giving children an understanding of the importance of resilience, self-belief, determination and working as part of a team. These core principles support all children to achieve within PE lessons but also within the wider school environment.

### Implementation:

- All children across Key Stage 1 and 2 take part in two PE lessons a week, developing and embedding skills and applying them in game situations.
- A broad range of extra-curricular clubs are available led by school staff or external providers.
- There are opportunities for children at all levels and of all abilities to participate in inter-school and inter-class events and competitions in a broad range of activities.
- Children identified to be less active are invited to attend tailored clubs aimed to inspire and motivate further physical activity.
- Mytchett's HEART Values and the School Games Values are promoted across all areas of PE and games and all adults around the school and the sports leaders set a positive example of these.

### Impact:

During their time at Mytchett Primary School, children will:

- Develop an enthusiasm for physical activity and sport, and understand the value of a healthy, active lifestyle.
- Build emotional resilience and determination alongside developing social skills that they can then apply across subjects and on the playground.
- Children will engage with and enjoy extra-curricular clubs focusing on sport and physical activity.