

PE Curriculum Statement

Within Lapford Community Primary School, we believe that all children should have access to a high-quality Physical Education (PE) that develops their competence and confidence in a range of different sports and physical activities. In addition to this we consider the skills our pupils learn in PE as vital to living a balanced, healthy, and successful life.

Competence in Physical and Adventurous Activity

Throughout their time at Lapford Community Primary School, pupils are exposed to a wide range of sports and activities including invasion games, net and wall games, gymnastics, dance, swimming and athletics.

We believe it is important to ensure they receive the most up to date, current physical education, which is why we have an external provider, Primary Sports, providing, supporting and coaching the PE curriculum. As well as an expertly planned and delivered curriculum, the Primary Sports instructors support the PE continuous professional development (CPD) for all teachers in the school.

We are keen that pupils develop a positive relationship with exercise and see it as a daily life skill rather than a standalone subject. PE has the power to contribute to improved wellbeing, reduce challenging behaviour, increase attendance and confidence and develop leadership, social and team building skills.

To achieve this goal, we try to offer regular opportunities to build physical strength and endurance outside of their 2-hour PE time with activities such as wake and shake, yoga, mindfulness, forest school and daily physical activity in class. We also offer extracurricular sports clubs and the opportunity for children to volunteer as sports leaders to encourage and lead active playtimes. An appreciation for competitive sport and fitness is something we encourage and support through inter-school tournaments (although opportunities for this have been impacted by the pandemic). We believe it is important for our pupils to be given opportunities to apply the skills learnt in their PE lessons and showcase their abilities. Competitive sporting events gives them that chance and teaches them social skills which will be integral throughout their life., particularly teamwork and the ability to win or lose with grace.

Healthy Living

We see it as part of our duty to ensure that all our pupils have a good understanding of 'healthy living' and are able to make informed choices about their own health and wellbeing. 'Healthy living' is covered by the national curriculum in Science and PSHE but we also see it as a key part of the PE curriculum. During PE lessons, links are made to how the physical activity is positively impacting the body and the benefits of daily exercise are made clear. At Lapford Community Primary School we know that exercise is just one part of living a healthy life, so we strive to ensure our pupils are aware of the impact of diet and how we can look after our bodies. Healthy snack choices are encouraged across the school and fruit is supplied for morning snack in KS1 and the EYFS.

Within Lapford Community Primary School, our overarching aims of the PE curriculum and the additional physical activities offered, is to ensure all our pupils leave the school with a love and passion for sport that continues into their later lives to help develop and maintain a healthy mind and body.