

## **Physical Education at Exwick Heights.**



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At Exwick Heights Primary School, we are committed to ensuring that all pupils receive high quality, well planned PE, delivered by confident and well trained teachers. We aim to engage and inspire all pupils to learn new skills, be confident and enjoy sports at our school. We employ a range of sports coaches to help us to achieve this aim. Children are offered a varied selection of sports at Exwick Heights and includes football, swimming, netball, dance, hockey, gymnastics and basketball. Children leave the school equipped to enjoy sport for all its health and social benefits. For those who relish

The curriculum is planned progressively to allow children to build on and develop previously learnt skills enhancing these further. In Key Stage 2, all children can lead a warm up or cool down in their PE lessons. A variety of sports are taught across KS2 as well as healthy eating, nutrition and wellbeing sessions. Physical Development opportunities in Early Years make positive contributions to children's development.

Children are naturally physically active and in our Reception classes, the children continually develop their fundamental movement skills through both their independent learning and weekly taught PE sessions. Carefully planned independent physical challenges, for example, using bikes, skipping ropes and obstacle courses help children to develop skills such as balancing and jumping. The outdoor learning environment provides an excellent space for children to practice these skills so that as they move onto the next phase of their schooling, they are prepared to master them.

### **Intent**

It is our intent at Exwick Heights for our children to develop competence to excel in a broad range of physical activities; to be physically active for sustained periods of time; engage in competitive sports and lead healthy, active lives. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

PE at Exwick Heights aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

### **Implementation**



Pupils at Exwick Heights participate in a minimum of twice weekly high quality PE and sporting activities. Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. This is an inclusive approach which endeavours to encourage not only physical development but also well-being.

We provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events. Please refer to our Clubs list for more information.

### **Impact**

Our curriculum aims to improve the wellbeing and fitness of all children at Exwick Heights, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful we need to take ownership and responsibility for our own health and fitness. The impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.