



**Green Lea First School  
Physical Education (PE)**

**'Learn, Explore, Achieve'**

**Intent**

At Green Lea First School, we recognise that Physical Education (PE) is an important element of developing our pupils physical, social, emotional and spiritual well-being. Our school places a high value on physical education as we want our learners to develop their knowledge and skills with increasing competence, confidence and interest in a range of different physical activities and sports. We recognise that being physical throughout the day supports our pupil's academic performance too. Our PE curriculum allows all children, regardless of their ability, to access a range of activities which will allow them to be active for a sustained amount of time, developing their fitness further and encouraging them to develop habits that will support them in leading a healthy lifestyle in the future. We aim to provide all of our children with the essential knowledge and vocabulary to become successful individuals and to develop their leadership skills, team work skills and problem-solving skills.

**Implementation**

At Green Lea, we follow the National Curriculum Programmes of Study for Physical Education. Both Key Stage 1 and 2 follow a two year rolling programme to ensure full curriculum coverage. Our PE journey starts in the Early Years Foundation Stage through Physical Development, which prepares the children for Key Stage One. At Green Lea, learning always builds on prior knowledge to support children in making links within and across the curriculum areas that they study. We also provide after school sports and fitness sessions for all children to attend. As wellness of the mind and body is valued here the children are offered the opportunity to take part in after school yoga classes, which are led by a qualified yoga teacher. We enhance the PE curriculum by attending Standon Bowers Outdoor Education Centre as well as providing a temporary on-site Swimming Pool for all pupils to access to develop their skills and confidence in the water. Our Forest School complements our active curriculum and we strongly believe that being active outdoors contributes towards a child's physical and mental wellbeing. All children participate in this once a week. All children are offered opportunities to take part in interschool activities and competitions. We recognise the importance of offering extra-curricular clubs to our pupils, as this supports their knowledge in PE lessons.

**Impact**

At Green Lea, pupils will demonstrate a positive attitude towards PE and share their enjoyment in PE lessons. They are able to speak about the importance of PE now and in the future. They will be proud of representing their school in inter school events and talk positively about exercise and the major benefits of leading a healthy lifestyle. Pupils are prepared with physical skills and knowledge that are transferable into their future. They gain skills in teamwork and resilience. In addition, they are aware of their own health and safety, learn to show tolerance to fellow team members and opponents and are gracious when winning or losing and hopefully find at least one form of physical activity that they love and will pursue for the rest of their life.