



PE

At Eastington Primary School, we endeavour to promote the development of the whole child. Together, we strive for children to be independent, life-long learners who are kind, cooperative, resilient, responsible and ambitious in all they do.

Our school values underpin our broad and balanced curriculum. We aim for children to enjoy and engage in the wide range of learning opportunities provided, resulting in confident, well-rounded individuals who are ready for their next steps.

Relationships amongst all members of our school family are highly valued and we have kindness at the heart of our school. We aim to develop children who care for themselves, each other and the wider world and encourage everyone to be the best they can be.

Aiming high together to be:

- Kind - show respect and care
- Cooperative - work well together
- Resilient - keep trying
- Responsible - reflect and learn
- Ambitious - challenge yourself

Physical Education at Eastington Primary School 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.

Intent

It is our intent at Eastington is to teach children life skills that will positively impact on their future. 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.

Through the study of Physical Education, children will develop a wide range of fundamental skills, knowledge and understanding that will equip them for the rest of their life. Good health, including good mental health, is such an important part of everyday life that our children would be at a disadvantage should they not be exposed to a thorough and robust physical education at our school.

Implementation

Pupils at Eastington Primary School participate in timetabled, twice weekly high quality PE and sporting lessons. 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. We provide opportunities for children in Year 1-6 to engage in extra-curricular physical activities during and after school, in addition to competitive sporting events. We have two professional sports coaches who work with all children to develop specific skills in dance and rugby. This is an inclusive approach which endeavours to encourage not only physical development but also well-being. Everybody, throughout the school, is part of our inclusive Take10 programme where everybody aims to include at least 10minutes of additional physical exercise every day. Classes can choose how/when to participate in Take10 and children and staff talk positively of the impact of this in their lessons. In addition to timetabled PE lessons, clubs and Take10, children at Eastington Primary are encouraged to be active at playtimes too. We have trained Wellbeing Leaders who lead small games and activities on the playground every day and the aim is to make playtimes active, positive and enjoyable for everyone.

Impact

Our physical education curriculum aims to improve the wellbeing and fitness of all children at Eastington Primary, 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 you need to take ownership and responsibility of your own health and fitness. Our 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.