



Curriculum Drivers Physical Education

High Aspirations

Through PE, we make sure that children have high aspirations. Each year group focus on different skills and sports each term which are repeated every year or biannually to ensure a balanced coverage, building confidence and providing high expectations year upon year. Children are encouraged to become independent through individual challenges each term with our Intra School competitions whereby they can aim to improve previous results. Children are given opportunities to attend after school sports clubs and are often included in team competitions representing the school such as Medway Youth Games and Deanery competitions. Results are shared within whole school assembly to show a good example of practice to others and share high aspirations in PE. Sports Day is another opportunity for children to participate and encourage each other to do well as children work in teams.

Culture and Arts

We empower our children to be socially mobile by having a wide exposure to different cultures. Each year group, explore different cultures, values, beliefs and world views. Children are given opportunities to explore and celebrate PE contributes to supporting the development of skills such as self-esteem, teamwork, and critical thinking. Having a strong emphasis on culture and arts ensures children are exposed to different cultures and movements in history, in turn supporting their tolerance and social mobility.

Moral Values

Through PE, we ensure all children develop strong moral values around team play and fairness. We encourage children to learn rules of games and to abide by and share these to ensure all have fair chances. We encourage good sportsmanship through positive feedback and peer comments. Once games have been completed, children should be able to comment freely about what areas worked well and show they appreciate the opposing teams' participation. Shaking hands at the end of matches is widely encouraged.

Emotional and Mental Well-Being

Through PE, we equip our children to have the tools and ability to recognise, understand and manage their emotions. There is a strong sense of teamwork needed in PE and children learn to recognise this need to work together in order to be successful. This can be extremely rewarding. Children are made aware that being physically active can have great positive affects mentally and emotionally as well as being outside and with friends. Active brain breaks are encouraged in all classes and logged on a weekly basis before being shared during our celebration assembly. Children are asked how they are feeling and how PE makes them feel before, during and after exercise.

Sporting Opportunities and Physical Health

Our PE curriculum supports sporting opportunities and physical health. Children can explore how exercise can positively impact their mental and physical health. We equip children with the skills and knowledge on how to build resilience and nurture their mental and physical health. We provide many sporting opportunities in lessons, after school clubs and competitions both within and outside school. We also have well known athletes (including Olympians) visiting the school to giving opportunities to empower children with positive aspirations for their futures. Our school also provides outside clubs to work with our children such as boxing clubs before school as well as additional swimming sessions.