



OUR LADY STAR OF THE SEA PRIMARY SCHOOL

Our Lady Star of the Sea

PE Statement

Intent:-

At Our Lady Star of the Sea we recognise the importance of PE and the role it plays in promoting long term, healthy lifestyles. We intend to provide all children no matter what ability, high quality PE and sports provision. 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 and opportunities to play in competitive sport.

Implementation: -

All pupils from Year 1 to 6 have at least 2 hours' worth of planned physical exercise each week. Pupils within EYFS undertake daily physical exercise within a specialised external play area. Our PE programme provides children with the opportunity to engage in a range of sports such as dance, gymnastics, athletics and team games. Children in Years 3-6 partake in an hour per week swimming for one term. During playtimes and lunchtimes children have the opportunity for physical activity and are provided with equipment to use on the yard. Lunchtime supervisors have undergone training to coordinate an active playground. We provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events.

Impact:-

Children will develop a love for sports and understand the importance of physical activity in order raise fitness levels and lead a healthy lifestyle. Through competitive sport children will develop resilience, perseverance and teamwork that will prepare them for the wider world.