



### **PE Vision / Intent at Bawdeswell Primary School**

Through PE, School Sport and Physical activity at Bawdeswell we aim to develop the whole child through a holistic approach, igniting a passion for movement and develop lifelong healthy habits. Inspiring all pupils to develop a love of physical activity, with opportunities to achieve in a variety of areas throughout their time at our school.

**F**un

While lessons need to be informative and challenging, as well as enjoyable, the research shows that having fun during PE lessons as a child can really help to encourage people to stay fit as they age. This makes the fun factor one of the most important considerations!

**A**ctive

When children are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits: strong muscles and bones, healthy weight, decreased risk of developing type 2 diabetes, better sleep and a better outlook on life. Physically active children are more likely to be motivated, focused, and successful in school. And mastering physical skills builds confidence at every age

**B**oost

Regular physical activity, boosts mental health. Being physically active reduces stress, anxiety, depression and increases self-esteem. When children are involved in sports and have a quality experience, their mental health improves.





## PE Implementation at BPS

### Curriculum

**realPE** Across all Classes to deliver consistent PE Approach for all pupils covering;

- Progressive Fundamental movement skills (ABCs) to provide a foundation for all.
- Multi Ability (Holistic approach) developing **personal/social/cognitive and creative skills** alongside physical and health skills.
- PERSONAL SKILLS (**Resilience & Self-Awareness**),
- SOCIAL SKILLS (**Empathetic, open minded, value difference**)
- COGNITIVE & CREATIVE (**Curious, Inquisitive, Exploratory problem solving learners**)

We apply these learned skills in a variety of **additional Physical activities** to give a broad and balanced offer;

e.g. Dance, Tag Rugby, Dodgeball, Netball, Hockey, delivered to practice, consolidate and use the skills taught in realPE.

Using PE as a **cross curricular link** to Maths and Literacy using Maths of the Day, BBC Super Movers.

**Daily Physical Activity Opportunities for all through our Play Leaders.**

### Additional Activities

- Inter-school **competitions and festivals for all Y1 – Y6** children.
- **Sports Day** – School teams compete against each other.
- **Celebration of sporting achievements** recognised in assembly and part of the celebrations wall.
- **Extra-Curricular sports clubs**, e.g. football, CSF and karate.
- **Links to local clubs** in the area.
- **Curriculum Experience days** to develop the whole child, e.g. Mindfulness, Dodgeball, Karate and Power of Positivity.
- Learning about and being part **of world wide sporting events**, e.g. Rugby World Cup, The Olympics.