

## Physical Education Vision Statement

*"All children at Blanford Mere will have access to a high quality Physical Education curriculum and PE should be an integral part of the school curriculum in developing the whole child. Our School recognises the benefits high quality PE provision and school sport can give to all pupils."*

Our school recognises that a high quality PE and school sport curriculum can contribute to developing the whole child on a physical, social, emotional and cognitive level. It will develop physical literacy and will allow pupils to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. There is significant evidence to show that PE supports other learning across the curriculum. It can benefit emotional well-being, reduce poor behaviour, increase attendance and develop key skills such as decision making, analytical thinking, leadership, confidence, social and team building skills. We believe a high quality PE curriculum should be an integral part of the whole school curriculum and one that staff, pupils and parents understand and can contribute to.

Our PE curriculum aims to ensure that all pupils develop the fundamental skills and competences to excel in a wide range of physical activities by providing a broad & balanced curriculum with opportunities for all to be enjoyed. These skills will also be used to improve learning throughout school life.

- To physically develop skilful management of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency.
- To improve cognitive thinking in order to select, link and apply skills, tactics and compositional ideas.
- To understand and use social skills to work as a team player, take the lead and learn to work collaboratively with others.
- To mature emotionally in order to build resilience, confidence, empathy and self-regulation.
- To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.
- To foster children's interest in physical wellbeing and healthy lifestyles in order to establish long lasting lifestyle messages.

Physical education encourages pupils to be active and supports them in their understanding of how to participate safely and effectively. They understand the barriers to participation and work to overcome these for themselves and others. Our PE curriculum will be inclusive and ensure that pupils of all abilities access the range of activities we offer and that they are physically active for sustained periods of time in order to encourage them to lead healthy, active lives. There will also be opportunities for pupils to take on leadership roles in which they can build character, embed values such as fairness and respect and become role models for other children.

Regular participation in sport and physical activity can help to reduce the risk of heart failure; improve physical fitness; help with weight management; promote good health; instil self-discipline; develop skill; improve self-confidence; reduce stress and develop lifelong learning skills

By implementing a 'monitoring & reviewing' assessment system of PE, we can measure the impact and progress of the quality & provision within our school which will lead to overall whole school improvement.

At Blanford Mere our Vision is to provide the highest quality PE for all children, of all abilities, to ensure the following Pupil Outcomes:

- Pupils will develop the skills and techniques needed to take part in PE and sport.
- Pupils will know and understand what they are trying to achieve in PE
- Pupils will think about what they are doing in PE, analyse and evaluate and make appropriate decisions for themselves.
- Pupils will experience a wide range of competitive, creative and challenge-type activities, both as individuals and as part of a team or group.
- Pupils will enjoy PE and School sport.
- Pupils will be committed to and value PE and sport,
- Pupils will show a desire to improve and achieve to the highest levels in relation to their own abilities and potential.
- Pupils will gain in self-confidence by being involved in PE and sport.
- Pupils will develop a sense of fair play, respect for others and social values when interacting with others on a social basis.
- Pupils will understand that PE and sport are an important part of a healthy, active lifestyle.

Approved by Governors 19<sup>th</sup> April 2021