



Intent- What do we want the children to know?

Belsay School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We aim to develop pupils who will be physically active, resilient learners and can flourish in a range of different physical activities. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim and to be aware of the dangers of unhealthy choices like smoking or drug taking. Swimming is an important life skill; we aspire for all children to leave primary school being able to swim at least 25 metres. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Belsay, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Implementation- What will this look like in school?

- PE at Belsay School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, striking and fielding games, gymnastics, dance, swimming, judo, orienteering and athletics.
- The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Pupils participate in at least two high quality PE lessons each week. Children are also encouraged to participate in the varied range of extra-curricular activities.
- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- Children in Years 1- 4 swim once a week during the Autumn and Spring terms.
- PE is delivered by teachers, specialist teachers, coaches or qualified swimming instructors.

Impact- How will we know we have made a difference?

Children understand how to lead a healthy lifestyle and understand the importance of exercise. We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports and take their learning further. Pupils are able to discuss their learning and skill progression in PE. We strive to equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.