



P.E. Statement

Within Goodrich CE Primary School, physical activity is an integral part of our curriculum. We believe that it contributes to developing children's physical, social, interpersonal and emotional skills. It provides opportunities for children to develop confidence and competence in performing different skills in a way which supports their health and fitness throughout their lives.

We believe that children should be physically active every day, whether through daily physical activity (e.g. Wake & Shake), P.E. lessons, Forest School, playtimes/lunchtimes or extra-curricular activities which accommodate a wide variety of interests both before and after school. All children are encouraged to access a wide range of physical activity provision; indoors and outdoors as well as taking part in set P.E. sessions.

We aim to provide opportunities for children to compete in sport and other activities in order to build resilience and embed the School Games values – passion, self-belief, respect, honesty, determination and teamwork.

What P.E. looks like in Goodrich CE Primary School

Within Goodrich CE Primary School, all children work with teachers/coaches to develop their knowledge, skills and understanding across the P.E. curriculum for at least two hours per week. We use a variety of teaching and learning styles in P.E. lessons. Sporting skills are modelled by teachers/coaches and children are provided opportunities to practise their newly learnt skills. Good examples of individual and team performances are used as models for the other children and we encourage children to evaluate their own work as well as the work of other children.

P.E. Curriculum in Goodrich CE Primary School

Early Years – Physical Development is one of the prime areas in the Early Years Foundation Stage curriculum. Children learn to explore, experiment and refine their social, gross and fine motor skills through daily activities. They also learn about keeping themselves active and healthy and to use equipment and materials successfully and safely.

KS1 – Children build on their early experiences and develop fundamental movement skills such as running, jumping, skipping, throwing and catching. They begin to participate in team games, developing simple attacking and defending skills and extend their agility, balance and co-ordination through dance and gymnastics performances, individually and with others.

KS2 – Children build on their previous experiences. They learn specific skills and refine and improve existing ones. They play competitive games such as netball, hockey, football, tag rugby, rounders, cricket and tennis to apply their attacking and defending skills and develop their flexibility, strength, technique, control and balancing skills to improve their athletics, gymnastics and dance performances.

Within Goodrich CE Primary School, we believe learning to swim is a life skill and all children from Year 2 have the opportunity to participate in swimming lessons.