

Physical Education

Intent

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

At Saltersgate Junior School, we aim to develop a high-quality physical education curriculum. This is done by ensuring lessons are both engaging and purposeful. This is achieved through experiencing a range of sporting activities within specific areas (invasion, net-wall, striking and fielding, gymnastics, dance, swimming, athletics and outdoor adventurous activities). We also aim to provide opportunities for pupils to become physically confident in a way which supports their health and fitness, establish a healthy life-long love of physical activity and to lead a more active lifestyle. By developing their physical confidence therefore helps to inspire all pupils to succeed and excel in a variety of competitive sports and other physically-demanding activities.

We promote opportunities to compete in sport and other activities build character, be part of a team, gain leadership skills and develop physical, technical and tactical sporting skills. Saltersgate Junior School children will develop their well-being and be able to apply and embed the values they have learnt in their PE lessons, into their everyday lives, such as fairness and respect.

Please see the PE policy for further details.