

This policy outlines national curriculum targets for physical education alongside clear objectives for evidencing the impact of physical education at our school. Its purpose, application and management reflects the goals of teaching staff and the senior leadership team. We aim to follow Government guidelines that stress the importance of a high quality physical education policy to inspire children to succeed, participate in competitive sports and adopt healthy lifestyles. We strive to provide opportunities for all pupils to become physically literate and achieve better health and fitness.

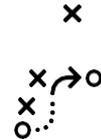
To ensure every child benefits equally, our school will aim to evidence the impact of physical education and demonstrate how it reflects the national curriculum. The key aims are to ensure all children:



Develop the competence to excel at a broad range of physical activities



Spend enough time (per day) engaged in physical activity



Participate in competitive sports



Know how to lead a healthy and active lifestyle



Get the support needed to be resilient and aspirational (self-belief & determination)



Have a good understanding of fair play, cooperation and respect (honesty, teamwork & respect)

All teaching staff have a responsibility to implement the following policy objectives:

- ✓ To deliver two (2) Challenge Days per school year, benchmark every child's physical literacy development and identify their individual needs.
- ✓ To deliver 2 lessons of excellent quality physical education per week. It should develop the fundamental motor/movement skills highlighted by Challenge Days. This promotes ongoing development and gives children opportunities to build confidence.
- ✓ To provide enjoyable physical activities throughout the day. Teachers should include 3-5 minutes of vigorous movement throughout the day to promote physical literacy and ensure the 30-minute activity target is met every day.
- ✓ To promote active breaks and lunchtimes and provide activity equipment (i.e. skipping ropes, balls, hoops) and creative games suitable for all children.
- ✓ To work closely alongside Junior Sports Stars Ltd to ensure high-quality lessons/CPD.
- ✓ To promote the use of morning and after school activities and sports clubs.