



## Long Sutton Primary School

### PE Subject Intent

At Long Sutton Primary School, we believe that Physical Education is essential for children to reach and attain the optimum physical and emotional development and good health, all within a safe and supportive environment. At our school, PE is taught as a basis for lifelong learning and it sets children up to actively choose to lead a healthy, balanced lifestyle.

At Long Sutton Primary School, we teach PE using the PE scheme 'GetSet4PE', which provides a challenging and enjoyable curriculum through a range of sporting activities including: invasion games, net and wall, strike and field games, gymnastics, dance, swimming and outdoor and adventure. Pupils will take part in two high-quality delivered PE lessons weekly which are taught by experienced sports coaches and class teachers. In addition to learning sporting skills and games, our children will also learn about what constitutes a 'healthy lifestyle'. The teaching of this element of physical education will be threaded through our PE lessons and embedded further through units of work within the PSHE and Science curriculums.

Our ambitious PE curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Through our provision, children can aim to flourish at sports in which they have a particular interest or flair for. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation.

Our staff recognise the need to encourage children to be physically active and we understand the importance that activity can have, not only physically, but on pupils' mental health and emotional well-being. We believe it is important for the children to have access to a wide range of activities with a view that if the children enjoy being active and are allowed to succeed, then they will continue to have a more physically active and healthy lifestyle. Experience of a range of sports also helps the children to develop the confidence, tolerance and appreciation of their own and others strengths as well as weaknesses.

Throughout the school, we deliver high-quality teaching and learning opportunities which are accessible for all and allow individuals to be successful, as well as excel in competitive sports. We know that opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. We are passionate about the need to teach children how to cooperate and collaborate with others as part of a team, and learn key life values and skills such as resilience, communication and leadership.

#### Other Opportunities to Develop Children's PE Skills:

- Pupils are physically active during morning and lunchtime breaks.
- Throughout the year, a timetable of sports clubs are led by school staff and external providers at both lunchtimes and after school. These are used to engage children in physical activity and include a range of sports: cricket, rounders, multi-skills, netball and hockey.
- Competitive sports matches are arranged within year groups throughout the year.
- Long Sutton Primary School is also part of the Lincolnshire School Games Organisation, which allows pupils to have the opportunity to perform competitively against other local schools in a range of sporting events.

