

# Physical Education - PE

## The Curriculum at Worle Village Primary School The Intent, implementation and Impact of our Curriculum – PE

PE at Worle Village aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

### Intent

It is our intent at Worle Village to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. We aim for children to learn to play competitively with passion, respect for others and with resilience.

### Implementation

Pupils at Worle Village participate in twice weekly high quality PE and sporting activities. Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. We provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also well-being. We also provide outdoor and adventurous activities that aim to encourage children to face fears, take risks and build a love for the outdoors.

Our six cogs that are the basis of all our PE lessons aim to develop the cognitive, creative, social, personal, physical and health & fitness of all our children now and in their future.

### Impact

Our curriculum aims to improve the wellbeing and fitness of all children at Worle Village, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.