

<b>Intent</b>	<p>Through Physical Education at Parc Eglos School, we aim to provide all children with high quality school sport, physical activity and the teaching of skills and knowledge which will help pupils to succeed and achieve their potential as well as to lead physically active lifestyles beyond our primary school. We believe that physical activity inspires all pupils to succeed and excel in physically demanding activities and helps them to become confident in a way which supports their health and fitness throughout their lives. Therefore, we believe that our children should be physically active every day, whether through our daily mile runs, PE lessons, during break and lunchtimes or participating in after school clubs and competitions. We also believe that children should have the opportunity to compete in sport and other activities that build character and help to embed values such as leadership, teamwork, fairness, resilience and respect. Our school participates in many sporting competitions and events outside school, allowing our pupils to compete against a much wider range of pupils, providing a higher level of challenge. Together with signposting to clubs and sporting organisations outside of school, this can lead our pupils to compete at regional, national and even international events. We believe there is a sport/activity that every child can enjoy and participate in. Therefore, we endeavour to give all children experiences throughout the year that they can then choose to follow up within the local community. Above all we want every pupil to enjoy physical activity so that they are inspired to lead fit, active and healthy lifestyles.</p>				
<b>Underpinned by</b>	<b>Planning</b>	<b>Teaching</b>	<b>Healthy Active Lifestyle</b>	<b>Competition</b>	<b>Leadership Skills</b>
	Arena Planning showing the progression of skills.	Two high quality sessions per week. One swimming session per week.	Daily Dash	Competitive opportunities provided within lessons as well as out of school.	Gaining the necessary qualifications
<b>Implementation</b>	<p>High quality lesson preparation and delivery.</p> <p>See <a href="#">Curriculum Map</a></p>	<p>Practising skills repeatedly to become fluent and then master skills to the best of their ability.</p> <p>Children are encouraged and expected to make progress and succeed in these skills.</p> <p>Where children cannot gain the necessary skills, they need to participate for the enjoyment and health aspect.</p>	<p>Children taught about the impact of HAL.</p> <p>Link with Science.</p>	<p>Children entered into a range of sporting events throughout the year</p>	<p>Given opportunities during lessons to practise their leadership.</p> <p>Setting up lunchtime clubs and running them independently of adult support.</p>
<b>Impact</b>	<ul style="list-style-type: none"> <li>• The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.</li> <li>• The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.</li> <li>• High levels of physical fitness.</li> <li>• A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.</li> <li>• The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.</li> <li>• The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.</li> <li>• Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.</li> <li>• A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.</li> <li>• The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.</li> </ul>				