

What does PE look like at Preesall Fleetwood's Charity?

Here at Preesall Fleetwood's Charity School we seek to provide a full, varied and interesting Physical Education curriculum which challenges, engages and excites staff and pupils alike. We see Physical Education as a vital part of the education experience as a whole. We provide our children with opportunities to become physically confident in a way that promotes leading a healthy, active lifestyle. We aim to inspire children with active learning outside the classroom in sport. By providing opportunities to compete in sport and physical activities our children build character and develop personal traits such as respect and fairness. We provide opportunities for the children to collaborate with other organisations within PE to enhance their learning experiences.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and anxiety.

Why is PE important?

Children learn to understand the importance of exercising for a lifetime. Regular, physical activity is the best antidote to eliminate obesity and promote a healthy lifestyle. Children learn the fundamental motor skills that enable them to develop the competence that creates confidence and leads to safe and successful participation in a wide range of sports. Youngsters can learn valuable lessons about accepting responsibility for their personal development leading to greater self-discipline and perseverance. PE promotes opportunities for children to be creative, cooperative and competitive and to challenge both themselves as individuals and in group situations. A 'good workout' helps ease stress, tension and anxiety and will result in better attention in class. Sports activities are an excellent way to meet and make new friends. Confidence in one's physical abilities encourages children, and later adults, to socialise more easily and 'fit into' a variety of situations. Children learn to develop the notion of fair play, honest competition, good sportsmanship and dealing with both success and defeat.

What do we learn?

At Preesall Fleetwood's Charity we adopt the Lancashire P.E. Education Syllabus. This syllabus strives to simulate and maintain interest and enjoyment of PE to promote healthy lifestyles for their current and future lives.

EYFS - Focus mainly on fundamental movements
KS 1 - Continue to develop fundamental movements through dance, gymnastics, games and athletics.
KS 2 - develop skills learned in KS1 and apply these to create paired gymnastic sequences, dance, athletics and competitive games activities. All KS2 children learn to swim aiming to leave Year 6 swimming 25 metres using different strokes along with their water safety certificates.

All children throughout the school enjoy Forest School sessions on site.

Physical Education



Our School Vision:

"You are the light of the world. A school that stands on a hill cannot be hidden". (Adapted from Matthew 5:14)

What events take place as part of our PE curriculum?

To enhance the curriculum we provide many opportunities for interschool competitions. We are members of the Wyre and Fylde Schools Partnership which provides us with specialist coaches running after school clubs and focus days. We compete in a wide variety of sports, e.g. KS1 multi-skills, KS 2 football, netball, basketball, tri golf, dodgeball, cricket, tennis and hockey to name a few. Our after school clubs are just as varied, we aim to deliver sports for all so we consult with our children to deliver what our current cohort want. Our focus days are always enjoyed by all, we have held many e.g. Ninja Warrior Day, Judo, Archery, Dance and Quidditch. At the beginning of Year 6 they travel to Lockerbie Manor to partake in a fun filled residential. Activities include canoeing, kayaking, zipwire, obstacle course and teambuilding activities.

Children and young adults who exercise regularly are more likely to seek physical activity and fitness throughout their lifespan.
(Psychology Today June 2015)

By the end of KS1 and KS2, each child should...

KS1 - Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. KS2 - Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Department of Education—National Curriculum 2013

