

PE

At Holy Cross Church of England Primary School, we strive to provide our children with high quality, wide-ranging, inclusive, yet challenging, PE and school sport opportunities that will inspire them to continue their learning beyond the classroom and their time spent here with us. Whether this be through taking part in school based and local community clubs, supporting them to lead healthy, active lifestyles or through participation at local competitions. We encourage every child to fulfil their full potential and 'Be the Best that they can be.

We use good physical education, our whole school values and knowledge of the child to nurture confident, resilient children. We aim to provide our children with the skills and mind set to leave primary school with the capabilities to be successful not only in sporting challenges but to lead a healthy, active lifestyle, developing children's understanding of what this means by promoting physical activity and healthy choices. We are dedicated to ensuring healthy minds, as well as bodies, and continue to support our children's wellbeing.

Sport plays a large part in school life. Opportunities are provided in school for children to participate and learn a range of Physical Education skills through our developed skills and knowledge rich curriculum. Researched, robust, high quality schemes of learning support us in our delivery.

EYFS have opportunities indoors to develop their fine motor skills using tools and equipment such as tweezers, scissors and small world play. Outdoors, children can practise and refine the gross motor skills such as balancing, skipping, jumping and riding wheeled toys. It is important for all children to enjoy being active and have opportunities to develop their agility and movement. We offer a range of sports experiences and equipment that helps them to build the basic skills of throwing, catching, dribbling and kicking in preparation for the Physical Education they will be exposed to in Key Stage One and beyond.

The children participate in 2 hours of P.E. within curriculum time and have access to a wide provision of clubs, including the Daily Mile. Furthermore, the KS2 children have the opportunity to attend two residentials, one in Yr3/4 and another in Yr5/6. All children from EYFS – Yr 6 will attend Swimming sessions at some point throughout the coming academic year. Swimming sessions are held at Downham Market Leisure Centre.

In recognition of the large part played in promoting physical activity and sport towards PE within the school and the local community, we have been awarded the School Games Gold Award recognising the school's provision of sport. The School Games approach plays a large part in the way in which PE is taught across the schools, this vision is promoted throughout:

- *Passion
- *Self-belief
- *Respect
- *Honesty
- *Determination
- *Team Work

Current clubs offered in school as free extra-curricular activities include: Football (girls and boys), Tag-rugby, Multi-skills, Athletics, Rounders, Kwik Cricket, Dodgeball, Basketball, Badminton, Speedstacking, Kurling, Pilates, Healthy Eating and Tri-golf. By providing a wide selection of clubs it has enabled the schools to develop some strong links with local clubs, including: KLCF - Alive Schools, East Anglia Sports Academy....

All the children have the opportunity to attend at least one sporting events across the year; participating in either Cluster/ Partnership competitions/festivals. Even our youngest children participate in sport out of school through the Active Kids Festivals.

School Sports Leaders work alongside Miss Thorne in planning the School Games Days, leading an after school club and leading other activities across the school.

