**PE Intent Statement**

At Millbrook Primary School we strive to inspire a life-long love of sport / physical activity for our pupils to live mentally and physically healthy fulfilling lives.

We aspire for children to adopt a positive mind-set and to find sports and or physical activity which they enjoy. We encourage children to reflect upon their emotional condition pre and post physical activity to acknowledge that being active can improve mental wellbeing. All children are also able to explain why being physically active is paramount to their physical health.

All children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. This will embed life-long values such as co-operation, collaboration and fairness.

We provide a safe and supportive environment for all children to flourish in a range of different physical activities. At Millbrook Primary School we offer a dynamic, varied and stimulating program of activity to ensure that all children progress physically through an inspirational and fully inclusive PE curriculum. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely yet imaginatively to achieve their personal goals.

Children have swimming lessons in Year 3 with opportunities for catch-up in years 4 and 5 in order to know how to keep safe near and in water and also to meet the National Curriculum requirements of swimming 25m by the end of Year 6.