

Physical Education Intent

“What you put into it is what you get out of it.”

Mo Farah.

Why is PE an important subject for children to experience?

At The Manor we believe that PE is significant to a child's development because it gives them the knowledge and skills to positively impact and maintain their own physical health and well being. We want children to understand the importance of making healthy choices and develop a enjoyment of leading an active lifestyle. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities as well as developing their ability to express themselves creatively.

Implementation

PE at The Manor is taught by a combination of class teachers, PE specialists and qualified sports coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are able to participate in a range of physical activities to

Our mantra for PE is to develop the whole child. We encourage children to develop their Head (thinking)- Hands (doing)- Heart (behavioural). This enables children to develop their physical skills in a range of individual and team activities; become confident and analytical decision makers; grow socially and emotionally and cooperate with others

Children are encouraged to participate in exercise through-out the day during PE lessons, clubs, outdoor learning, lunch provision and special events. As a school we also encourage daily physical activity through the daily mile.

Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, coordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. During KS2, children will have a series of structured swimming sessions.