



Intent:

The National Curriculum programme of study for PE aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

At Stanhope, we provide a broad and balanced PE curriculum and we offer a wide range of sport and fitness opportunities; including competitive sport. We aim to provide a curriculum that inspires all children to work hard, succeed, challenge themselves, and lead healthy, active lives. Our curriculum, from EYFS to Year 6, enables children to develop their independence, communication skills, teamwork skills and evaluation skills, as well as improving their physical performance across a range of sports. We also strive to embed values such as fairness, courage, respect and resilience; which can be transferred to all aspects of life.

We want our children to:

- Enjoy physical activity in its many forms.
- Establish and maintain lifelong habits of being physically active.
- Develop positive attitudes towards physical exercise and an awareness of how exercise contributes towards a healthy lifestyle.
- Enjoy communicating, collaborating and competing with each other.
- Understand how growth mind-set is important to sports people and how this can be applied to all aspects of learning and future life.
- Develop an understanding of how to succeed in a range of sporting activities and how to evaluate their success
- Develop sportsmanship qualities, such as fairness, respect, courage and resilience.
- Be motivated and driven to work hard, with the confidence to challenge themselves.
- Be confident communicators, leaders and team players.
- Develop and explore physical skills such as running, jumping, throwing and catching with increasing control and co-ordination.
- Develop balance, agility and co-ordination and begin to apply these in a range of activities.
- Use what they have learnt to improve the quality and control of their performance