

Intent

At Billingham South Community Primary School, we endeavour to provide children with skills we consider essential in physical education, whilst instilling the importance of an active, healthy lifestyle. Alongside the physical aspects, we inspire our children to develop vital skills such as leadership, teamwork and resilience, through enthusiastic and diverse teaching in PE. Together with this, the whole school values are always considered: Resilience, Quality, Courage, Trust and Happiness.

Implementation

In consideration of the National Curriculum framework and the ethos of our school, we offer a variety of sporting opportunities both in lessons and through extra-curricular activities. We aim to inspire a life-long passion for sport, alongside exercise in general. In doing so, we introduce our learners to coaches within the local area, providing strong external links with the wider community, whilst encouraging children to explore sporting opportunities in other environments.

Physical education at our school is inclusive of all abilities, needs and interests, striving to inspire all children, whilst making necessary adjustments to ensure all children are given the opportunity to participate. Through this inclusivity, we believe self-confidence is vastly improved, stress is significantly reduced and undeniably, friendships are formed. In considering this, the physical and emotional benefits of a proficient physical education programme is evident, assisting in improving the health, wellbeing and overall happiness of our learners. This is paramount within our values at Billingham South, hence we are determined to promote this.

As with all sporting opportunities, children at our school are introduced to the concept of both winning and losing and encouraged to do so with grace, preparing children for this inevitable part of life. In doing this, children are supported in developing the resilience and courage to continue to participate, whilst exploring their personal strengths and weaknesses. As many sports we teach at Billingham South are team sports, children experience being part of a group to achieve a common goal-developing a sense of belonging whilst building relationships, trust and developing leadership skills. In doing so our children are encouraged to be respectful to other teams and responsible for their actions. Alongside this, learners are taught to strive to be their best and carry out all activities to their maximal potential. Additionally, we aim to provide challenging opportunities to ensure children are stimulated and interested by PE at Billingham South, extending their ability alongside the desire to learn and develop.

PE opportunities at Billingham South provide children with enthusiasm and knowledge of sports and exercise, enlightening passion and affording a unique opportunity to push their personal boundaries in a safe, familiar environment. The children love PE sessions allowing them to grow in confidence, build resilience, do their best in familiar sports and ultimately want to give new sporting activities a go.

Summary

In PE we aim to inspire children with a life-long passion for sport and exercise to benefit their long-term health and well-being, enabling a brighter future. We embed all our school values, as well as skills such as leadership and cooperation, to enable all children to succeed and excel in sporting activities. Children learn how to work as a team, the importance of sportsmanship and understand the benefits of a diverse culture within sport and the wider society.