



‘Spurring each other on with love’

Statement of Intent Bickleigh Down Primary School – Physical Education

The overarching aim for the PE curriculum at Bickleigh Down is to promote high standards of Physical Education by equipping pupils with sustainable, well-balanced PE lessons encouraging increased participation, high self-esteem, and teamwork.

Throughout the two hours of PE each week and the range of free sporting clubs offered, we aim to develop many fundamental areas: collaboration, co-ordination, agility, balance, spatial awareness, well-being, technical skill, fitness, and general enjoyment.

By the end of Key Stage One, children will have developed fundamental movement skills, become increasingly confident and competent when accessing a broad range of opportunities to extend their agility, balance, and co-ordination individually and with others. Using all these skills, children will be able to engage in competitive (both against self and against others) and co-operative activities, in a range of challenging situations. The opportunities provided allow the children to build character and help embed our school vision of spurring each other on with love and our values of hope and aspiration.

By the end of Key Stage Two, a broader range of skills will be developed in order to apply these in a variety of environments. Developing an understanding of how to improve different physical skills and sports as well as evaluate and recognise their own success are other fundamental areas taught. High quality teaching enables all children to implement these skills and enjoy collaborating, communicating, and competing with one another at inter and outer school events.

By the end of Key Stage Two, an athlete from Bickleigh Down will be able to:

- Throw, catch, run and jump individually and collaboratively
- Play competitive games and apply basic attacking/defending principles
- Develop flexibility, strength, technique, control, and balance
- Perform dances using a range of movement patterns
- Compare performances and demonstrate how to improve and achieve their personal best
- Swim competently and confidently, up to 25 metres