



Community Primary School

## **Physical Education**

- The aim of our PE Curriculum is for our children to develop a love of physical activity and sport as well as the knowledge, skills and motivation necessary to lead healthy active lives. The development of values and life skills are central to the delivery and will equip the children to be the best they can be in school and beyond.

## **School Sport**

- Competition plays an important part in our PE Curriculum, providing children with motivation to achieve a goal, demonstrate determination, perseverance to overcome a challenge, understand that hard work and commitment leads to greater chance of success. Our range of extra-curricular sports and activities provide further competitive opportunities for all our children.

## **Physical Activity**

- We strive for our children to be as physically active throughout the day as possible. We send a strong message that children need to be active at home as well as in school. Not only does this improve the children's overall health and fitness, it helps to improve their mental health, cognitive development and their ability to concentrate and maintain focus in lessons.