



PE



PE at the Federation of Grewelthorpe and Fountains CE Primary Schools

At our Federation, we encourage all children to engage in a healthy lifestyle and understand the importance of physical activity.

Staff are enthusiastic about PE, and this enthusiasm can be seen through the children's attitudes towards the high-quality PE they receive.

Our Intent:

We aim to develop the children's knowledge, skills and understanding, so that they can perform and compete with increasing competence and confidence in a range of physical activities, which include: dance, games, gymnastics, athletics, swimming and water safety outdoor adventure activities.

We encourage pupils to think, select, and apply skills, and develop positive attitudes towards a healthy lifestyle – enabling them to make informed choices about physical activity throughout their lives.

Implementation:

- We are a member of the Harrogate School Sports Partnership. This allows us to provide festivals and tournaments at both inter and intra school levels for the children to participate in.
- Through the School Sports Partnership, we provide our children with leadership opportunities.
- We provide each year group with at least 2 hours of high-quality PE every week.
- We have PE specialist coaches working with us weekly.
- We hold our own sporting festivals and tournaments so that children can participate in a meaningful way in a safe environment, so they are confident to go to bigger events to compete.
- We offer after school clubs which are run by school staff or external coaches.

- Staff are given regular CPD opportunities so that they can develop knowledge and understanding of a variety of physical activities.
- Children take part in Forest School to learn a variety of new skills.
- Teachers use brain breaks during school time that involve vigorous aerobic activity such as the mile a day or GoNoodle.
- We provide a residential trip for children to allow them to experience and participate in outdoor adventure activities.
- We make regular cross curricular links to healthy eating and healthy lifestyles through PSHE, Science and cooking.