



EXPLORING Physical Education

Intent • Implementation • Impact

Pembroke is a school where we encourage everyone to be **inspired** through faith in God and to live by Christian values so that our **teaching and learning** is of the highest quality, our whole community **flourishes** and we reflect all that is worthy of **praise**.

INTENT	How does PE inspire our children?	Both children and adults alike are committed to the promotion of an active and healthy lifestyle. Through regular, fun and sustained opportunities in Physical Education, we aim to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices outside and beyond school. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance, it allows children to explore their personal and spiritual identity. Our lessons are delivered with a view to engage and enthuse all children, regardless of ability, and to allow progression for all.	
IMPLEMENTATION	How is our teaching and learning in PE organised?	A two-year rolling programme ensures that skills, knowledge and understanding in Physical Education are built on and developed as children move through the school. In the Early Years, children have a rich curriculum of areas of learning which include daily opportunities to develop fine and gross motor skills. As they journey through the school, children have two timetabled sessions of PE each week. These lessons include acquiring and developing skills, evaluating and improving, as well as increasing knowledge of and actual health and fitness. Activities include games such as football, tag-rugby, Qwik cricket and hockey alongside gymnastics, dance and athletics. Swimming is taught initially for those children in Years 2, 3 and 4 for ten sessions each summer. We employ a dedicated PE coach and other specialists to support high-quality teaching and learning. Our sporting after-school clubs are free for all children and we welcome opportunities for inter-school competitions including cross-country running and Swimathons.	
IMPACT	How does PE help our children to flourish and be worthy of praise?	Our children enjoy PE. This is reflected in the positive attitude seen in PE lessons, after-school clubs and sporting competitions and events. Participation in physical activity is very high, with many children continuing participation outside of school as well as in the extra-curricular clubs offered after school. Another way we help our children to flourish in PE is that our before-school care is called Pembroke Active; this includes games to get everyone moving at the start of the day! At play, children make good use of our all-weather track. They will tell you several reasons why keeping fit and healthy is good for you. Whenever we attend competitive events, our children often excel – and if they don't win, their teamwork and willingness to support every child regardless of school really shines through.	