

### PE Lead

Miss Linley is the PE coordinator at Holly. She is responsible for developing the PE curriculum and delivering training on PE planning and teaching across the school.

### Intent

To ensure pupils develop positive attitudes towards health and activity.

To ensure pupils lead healthy, active lives and understand and value the role of healthy living and physical activity.

To give pupils an enriched access to a range of sporting opportunities.

### Health and Well-being

We teach some fantastic PE units and we are committed to providing children with opportunities to be active throughout the school day and to learn healthy active habits which they can continue through life. Children learn how to improve their fitness, health and well-being through knowledge and application in the curriculum.



**“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.” Ex- President of the United States of America John F. Kennedy.**

PE at Holly inspires learners to realise their full potential and develop a lifelong interest in participating in physical activity and sport, whatever their ability in the subject. Our PE is inclusive and ensures that pupils of all abilities access the range of activities we offer and that they are physically active for sustained periods of time in order to encourage them to lead healthy, active lives. In addition to this, specialist coaches will enhance the teaching and learning of PE within the curriculum and provide extra-curricular activities. Regular participation in sport and physical activity can help to reduce the risk of heart failure, improve physical fitness, help with weight management, promote good health, instil self-discipline, develop skill, improve self-confidence, reduce stress and develop lifelong learning skills. This is what we aim to instil in Holly children-that PE impacts all areas of life.

### PE Skills

Throughout school, our teachers will be focusing on teaching skills in the following areas:

- Dance & Gymnastics
- Games
- Athletics
- OAA

### Curriculum Design

We teach children an engaging, progressive curriculum that is designed to develop children’s physical ability, mental capacity and emotional understanding. PE units progress throughout the year groups and build on children’s prior knowledge and understanding, with links in learning across the strands

### Wider school curriculum

We feel it is important for children to get out and be active. That is why at Holly, children are able to participate in a variety of different sporting clubs.

As well as participating early on in outdoor learning, where children link a variety of curriculum subjects whilst actively engaging in the outdoor environment.