



## Escomb Primary School Statement for Physical Education and Sport

Physical Education is an important part of the curriculum at Escomb. The Physical Education curriculum engages children in a variety of activities. Each class is timetabled for 2 hours PE per week, plus additional sporting opportunities at extra-curricular clubs.

The key aims of physical education in the national curriculum is to ensure children:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

The main areas of our PE are based around six themes:

1. Dance - creating and performing formal and creative dance sequences
2. Games - a range of team games and sport activities developing skills and tactics in mini-games and applying their skills and competencies in more traditional sports and competitions
3. Gymnastics - developing the core skills of agility, balance and co-ordination; using these in creating and performing fluent sequences on the floor and apparatus
4. Swimming
5. Athletics - running, jumping and throwing activities
6. Outdoor and adventurous activities - more advanced activities including problem solving.

We attend many sporting festivals. Children practise their skills in lessons and chosen teams get to take part. We believe that all children should have the opportunity to become involved in competitive sport if they so wish, so therefore have an inclusive policy where we try to give every child a chance to attend.

There are times when we invite coaches into school to enhance some of the PE lessons. These coaches work alongside the class teachers and provide the children with extra sporting opportunity that we may not have been able to provide ourselves.

Sports Day is held every year. Children are split into their family groups and partake in a carousel of activities. Parents follow their children round each activity supporting and encouraging them. There is some element of competition as two teams compete against each other for points. Points are given not just for completing the activity but also for good sportsmanship and teamwork. At the end of the day the winning team get to parade around the field for all the parents.