



### **PE Vision Statement**

Our vision is for all children at Sheffield Lower School to experience excellent physical education, sport and physical activity to have the skills to partake in a variety of activities as well as lead a healthy lifestyle. Our PE curriculum will be inclusive and ensure that pupils of all abilities can access the range of activities we offer and are physically active for sustained periods of time. Children will also learn about the concept of rules, tactics, fair play and respect through both competitive and non-competitive sports. Through the curriculum, extra-curricular clubs, sports festivals and weekly PE assemblies, children will be exposed to a variety of sports and achievements will be celebrated.

#### **At Sheffield Lower School we encourage children to:**

- Develop skills and techniques across a wide range of sports and activities.
- Be physically active for sustained periods of time.
- Lead healthy and active lifestyles.
- Build resilience, determination and drive to achieve their best.

#### **The PE Curriculum**

Our PE curriculum is planned to include a range of indoor and outdoor based lessons throughout the year and provides a varied and progressive learning programme. All children will receive at least two hours of engaging, high quality and enjoyable physical education lessons per week, as well as aiming to achieve the 30 minutes of activity both in school and at home per day. Children will build on skills learnt each year in order to participate in a range of both competitive and non-competitive, team and individual sports.