



## Curriculum intent: P.E

Performance  
Competence  
Participation  
Communication

### **Purpose of Study**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

### **Who is the Little Thurrock Sportsperson?**

The Little Thurrock Sportsperson participates in team games and understands what is meant by sportsmanship. They understand the principles of attacking and defending and apply this a range of team games. They can perform dances and routines and suggest ways to improve. They can evaluate others' performances sensitively and constructively. The Little Thurrock Sportsperson is flexible, fit, strong and agile, and can apply a range of skills to a variety of games and activities. They understand the link between physical and mental health and aspire to live an active, healthy life.

### **Our Curriculum Rationale**

- Objectives across all strands of PE revisited and embedded within and across year groups and key stages to ensure cumulative fluency;
- Engaging, challenging and inclusive activities and games develop pupils' character and encourage resilience, fairness and respect;
- Development in all aspects of physical education encourages an active, healthy lifestyle and promotes both physical and mental well-being.