

Why is physical education important?

Children being able to take part in different physical activities is essential in supporting their physical, emotional, spiritual, social and moral development. We believe offering a stimulating, dynamic and varied PE curriculum is important to help provide the building blocks for future positive healthy lifestyle choices. PE can give the opportunity for children to be creative, cooperative and competitive and to face up to diverse challenges both as individuals and in groups.



# PE

When **implementing** the PE curriculum you will see ...

- Intra and inter school competitions
- Development of physical skills over time
- Annual healthy lifestyles week
- Outside visits within Cambourne and further afield.
- Workshops
- Teaching by class teachers, PE specialists and qualified sports coaches
- Orienteering and map work
- Confident and adaptive learners

What do we **intend** physical education to look like at Monkfield Park?

At Monkfield Park the intent of teaching Physical Education is 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 future life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. Within lessons, children will learn to cope with both success and failure in competitive, individual and team based physical activities.

How PE will **impact** our learners?

Children at Monkfield Park see themselves as athletes:

“PE is great as we have fun and I can improve” Year 1 child

“I like doing PE as it gets me body moving, exercise is a bit like a medicine to me. I learn a lot about different sports, winning and losing” Year 3 child

“I like going outside and keeping active. I enjoy being able to stay fit, I think it keeps me full of energy” Year 5 child