

## **Physical Education**

At Paganel Primary School our Physical Education curriculum aims to inspire all children to succeed and excel in competitive sport and other physically demanding activities, it also endeavours to support the children in developing knowledge and understanding of how to live healthy lifestyles both physically and mentally.

As part of a broad and balanced curriculum PE is taught at the school discretely for two hours a week (ensuring children have the chance to be physically active for sustained periods of time), the Rising Stars scheme of work is employed at Paganel to support the teachers with their planning and delivery of PE. The scheme exposes the children to a variety of skills, activities and sports to ensure they become physically confident in a manner which supports their health and fitness.

The school is committed to providing opportunities of children to compete, the school organises house competitions, sports day and matches with other school and also participates in interschool competitions with local primary schools. All of which provide opportunities to develop character and embed values such as fairness and respect (one of the school's core values).

It is hoped that the PE curriculum at Paganel will inspire and motivate our children to actively participate in this subject area and they will leave the school with the knowledge and understanding to lead healthy and active lifestyles in their adult lives.