



PE : INTENT



At Ladymount, we strive to create an ethos which aims to inspire an active generation to enjoy PE and Sport, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development.

We offer a dynamic, varied and stimulating programme of activity to ensure that all children progress physically through an inspirational, unique and fully inclusive PE curriculum. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely, yet imaginatively to achieve their personal goals. We aspire for children to adopt a positive mind-set and believe that anything can be achieved with determination and resilience.

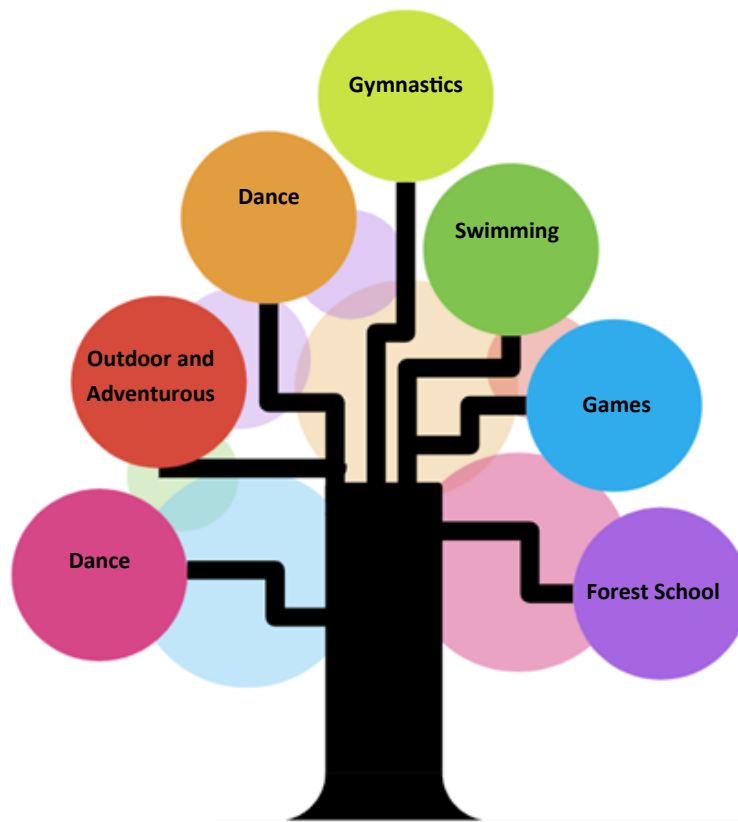
Children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. Thus embedding life-long values such as co-operation, collaboration and equality of play.

We provide opportunities for children to learn how to stay safe by starting swimming lessons in Year 3 and continuing until children have become confident in the water, knowing how to keep safe and also meet the National Curriculum requirements of swimming 25m by the end of Year 6.

Our PE Curriculum, along with PSHE and Science, teaches children about the importance of healthy living and learning about the need for good nutrition. At Ladymount we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being.



PE : IMPLEMENTATION



PE and Ladymount provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net and wall games, strike and field, gymnastics, dance, swimming, outdoor and adventure and Forest School.

The long term plan sets out the PE units which are to be taught throughout the school year and ensures that the requirements of the National Curriculum are fully met.

Pupils participate in two high quality PE lessons each week, covering two sporting topics every half term. In addition, the children are encouraged to participate in the varied range of extra-curricular activities before, after school and during lunchtime.

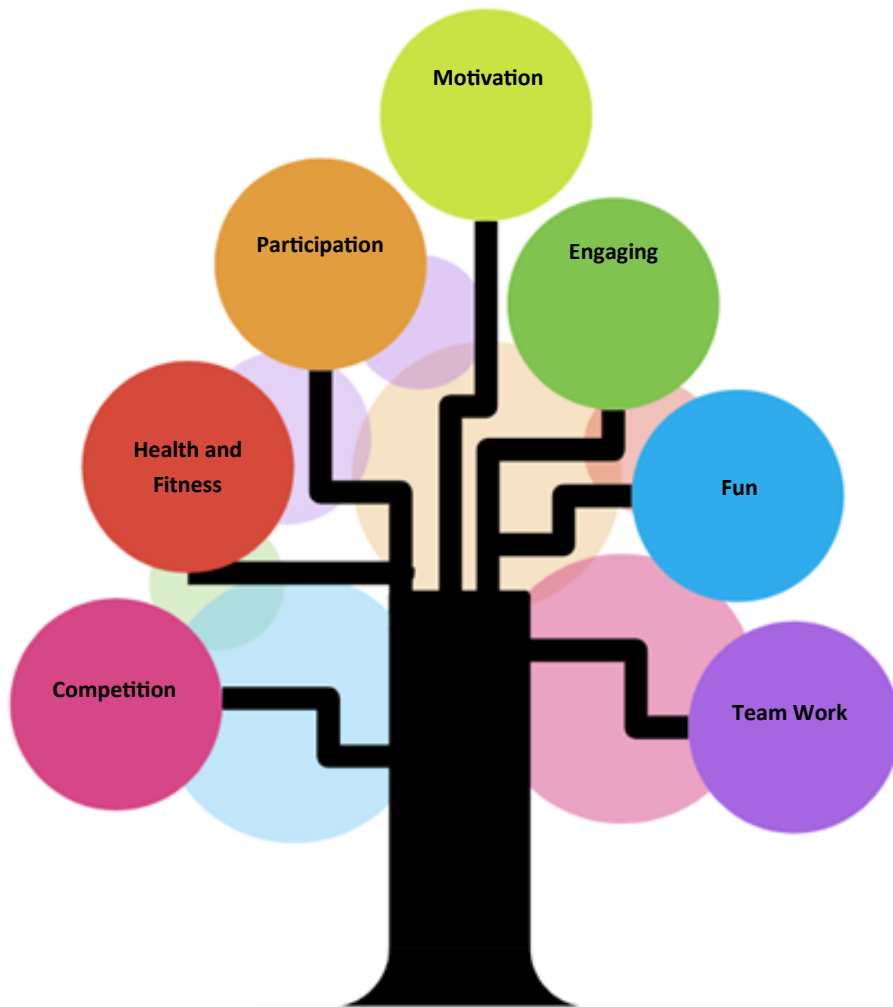
Children are invited to attend competitive sporting events with the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Each year a small group of Year 6 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunchtime clubs, Sports day and other sporting events.

All children in KS2 access swimming lessons attending for 1 hour each day during a week block, regardless of their swimming ability. Any children in Y6 that are not competent swimmers by the Summer term have the opportunity to attend additional swimming lessons.



PE : IMPACT



We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives, utilising the skills and knowledge acquired through PE.