



Inspiring Futures: Making Memories
Learning Creatively with:
High Expectations. Integrity. Respect. Resilience. Determination.



PE Statement of Intent

At Springfield Primary Academy, we are committed to providing an inclusive PE curriculum that enables all pupils to achieve exceptionally high levels of performance, understand the importance of a healthy lifestyle and develop their own sense of wellbeing. We understand that an engaging physical education can have a lasting impact on their relationships with exercise and living a healthy lifestyle in the future. Therefore, it is our intention to offer a high-quality physical education curriculum that inspires all pupils to engage in high levels of performance, whether that is involving themselves in a club, taking part in tournaments, excelling in competitive sport, or wanting to take part in more physical activities in their spare time.

Playing sports not only supports physical health but it also has a lasting positive impact on mental health. Several studies have suggested that taking part in a sport can help in the development of children's self-esteem and confidence. At SPA it is our mission to provide enough opportunities for pupils to gain confidence to involve themselves in these new experiences, motivating them to improve and never be reluctant. The national curriculum states that physical education should aim to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Springfield provides each class a weekly PE lesson with specialist PE teachers. Within these lessons, children advance their skills and understanding of gymnastics, dance and games. They develop the ability to use tactics and strategies to perform successfully.

In year 5 children will have the opportunity to participate in swimming lessons at a local pool, allowing them to reach the ability of swimming 25 metres, alongside the knowledge of how to remain safe in and around water.

Our high-quality curriculum enables all students to enjoy and succeed in many kinds of physical activity. We offer afterschool extra-curricular sports clubs which offer children more opportunities to develop a keen interest in PE, often allowing them to be selected for tournaments outside of school. These clubs and tournaments promote, celebrate and

expect the idea of good sportsmanship, an ideal which is encouraged throughout Springfield in physical education lessons.

We believe that PE provides all pupils with the opportunity, knowledge, skills and attitude to take control of their long-term health and wellbeing. Encouraging independent thought and action is a clear goal for Springfield as it can allow children to make informed decisions regarding a healthy lifestyle, the avoidance of excess and remaining physically active for the rest of their lives.