

## The Copperfield Way

### PHYSICAL EDUCATION

#### **Intent:**

We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills, to ensure that the personal development of the whole child is achieved. Our approach is to teach skills through PE that children can transfer to other lessons, in life, school, and the wider environment. We want to teach children skills to keep them safe such as being able to swim and make healthy life choices. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Copperfield Academy, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

#### **Implementation:**

Children are involved in a range of physical activities to compliment and support their health and well-being.

Every child will participate in weekly Physical Education lessons, learning to master a range of skills, both independently and within team games.

Children will be given extra-curricular sports opportunities, such as internal and virtual sports competitions.

All children will be involved in 30 minutes of exercise whilst actively taking part in the daily mile.

#### **Impact (Anticipated/expected):**

Master basic skills: running, throwing, catching and dance.

Develop balance, agility and co-ordination.

Participate in team games.

Healthy lifestyle choices.

Improved health and well-being.