




Filleigh Primary School – Curriculum Intent



PE							
Resilience	Respect	Community	Creativity	Independence	Trust		
		<p>Building a Range of Skills</p> <p>Children will develop competence to excel in a broad range of physical activities.</p> <p>They will have opportunity to engage in competitive sports and activities.</p>		<p>Regular Prolonged Engagement</p> <p>Children are physically active for sustained periods of time regularly.</p>		<p>Staying Healthy and Fit</p> <p>Children will learn the elements needed to lead healthy, active lives.</p>	
<p>At Filleigh Primary school, we value a PE curriculum that provides pupils with opportunities to build skills and knowledge in a range of physical competences. Working alongside qualified coaches, teachers provide lessons which help the children progress in basic skills and ability to work together as a team in games. Children compete within our school community and our wider community with links to the learning community for all year groups. Through residential trips children get the chance to experience other sports within water, climbing and cycling. Our fantastic grounds allow us to provide a regular forest experience which help develop their team work as well as the opportunity for physical development in an informal environment.</p> <p>Children are taught the importance of a healthy lifestyle. They learn and experience the way we can keep our body and mind healthy by considering the foods we eat, keeping hydrated as well as keeping active. They begin to understand how these elements can help us keep our mind healthy. They recognise the importance of regular physical activity and being outside and how it improves of feelings of happiness and mental well-being.</p>							