



## Intent

At Thorndon we aim to provide all pupils with a high-quality Physical Education curriculum which inspires and motivates. We encourage pupils to succeed in all aspects of Physical Education and competitive sport with enthusiasm, whilst remaining respectful and supportive of peers and fellow competitors. We want pupils to become physically confident in a way that supports their health and fitness for life. We believe that Physical Education builds resilience, perseverance and compassion in individuals which our pupils can apply to their future both during and beyond their time with us. Children are provided with a range of opportunities to support their physical and mental health and wellbeing. We intend to develop children's skills, knowledge and understanding so they can perform with increasing confidence and competence in a variety of physical activities. Our ambition is to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential. We aim to ensure that the children's experience of Physical Education is positive and motivating; developing positive attitudes to a healthy lifestyle. We believe that Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimal physical and emotional development.

## Implementation

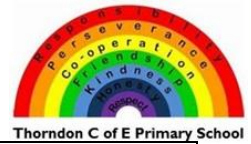
We are lucky to have Premier Education teach our children PE throughout the school. They follow their own plans but are adapted to suit the needs of our children. We work closely together ensuring they are providing a

We work closely with our local High Schools to make use of their facilities so children have access to specialist equipment and coaches including gymnastic apparatus. We also work with High School students undertaking their Sports Leader Award. This is of benefit to both schools and supports the transition process. We are committed to both maximising participation and competition in sport. We take part in a wide range of sporting tournaments organised by the High Suffolk School Sport Partnership.

KS2 children go swimming for a term at Stradbroke Swimming Pool.

## Impact

We ensure that all children are provided with the same learning opportunities whatever their social class, gender, culture, race, disability or special educational needs (SEN). As a result, we enable all children to develop a positive attitude



towards physical education. Through our PE teaching, we provide learning opportunities that enable all pupils to make good progress. The children leave Thorndon with a good understanding of the importance of a healthy balanced diet which is taught in our science and PSHE lessons as well as what happens to our bodies when we exercise. They are enthusiastic about sport and enjoy participating in team sporting events as well as individual skills.