



## Physical Education and Sport

At Stephen Freeman Primary School we believe that Physical Education and Sport is a fundamental part of the curriculum. We believe in the value and positive impact that Physical Education and activity can have on our pupils', in helping them lead healthy, active lives. Each child will have a minimum of 2 hours PE sessions a week, from sporting lessons to completing 'a mile a day'. Each lesson will enable the children to try something new and in turn, progress their skills, build character and learn about working in teams.

The PE curriculum promotes curiosity and a love and thirst for learning. It is ambitious and empowers our children to become independent and resilient and reach their full potential. We want to equip our pupils with not only the minimum statutory requirements of the physical education National Curriculum but to prepare them for the opportunities, responsibilities and experiences of later life.

We want our pupils to learn about their health and well-being, respect diversity, co-operate with one another and appreciate what they have. We achieve this by providing a strong PSHE curriculum with our school values placed at the heart of everything we do.

We enrich our pupils' time in school with memorable, unforgettable experiences and provide opportunities, which are normally out of reach – this piques their interests and passions. We firmly believe that it is not just about what happens in the classroom, it is about the benefits we offer to really inspire our children.