



At Worlingham, we strive to create a positive culture around Physical Education which inspires an active generation, and enables our children to enjoy Physical Education, encourage each other and develop a sense of **belonging**. We are very passionate about providing all children with a safe and supportive environment to participate in Physical Education, therefore giving them **courage** to get fully involved in a wide range of different physical activities, which is essential in supporting their physical, emotional, social, emotional and moral development.

We aim to offer a high-quality Physical Education curriculum which inspires all children to succeed and grow in physical confidence in a way which supports their own health and fitness. Our PE curriculum has strong links to our PSHE and Science curriculum, helping our children to develop a secure understanding of how to lead a healthy, active lifestyle, and put this into practice too. Throughout their time at Worlingham, our children will develop an understanding of how they can use their bodies, appropriate equipment and apparatus safely, whilst also having **curiosity** for how they can use them imaginatively to achieve their personal goals. At Worlingham, our rich curriculum is fully inclusive, and promotes creativity, **kindness**, character-building and challenge to support children to excel, all whilst helping promoting an attitude of **perseverance**.

A key part of our PE curriculum is to ensure children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. The aim of this is to embed our value of **respect**, strengthening life-long values such as co-operation, collaboration and equity of play. From Year 3, we provide opportunities for children to learn how to stay safe in and by the water by starting swimming lessons in Year 3 and continuing until the children leave in Year 6. Through participation in these swimming lessons, children will develop confidence in the water, know how to keep safe around water and perform self-rescues, and also work towards meeting the National Curriculum requirements of swimming 25m by the end of Year 6.

Belonging, Courage, Curiosity, Kindness, Perseverance, Respect

Growing Minds, Kind Hearts, Rooted in Love

'Rooted and Grounded in Love' (Ephesians 3:16)