

The teaching of PE supports the following areas of the Curriculum Vision for Overfields Primary School

To have secure basic skills in maths and English

PE & Sport provides our children with the opportunity to apply basic maths and English skills to a wide range of situations. PE & Sport, maths and English are interlinked and are all as important for our children to succeed. The practical application engages our children and makes learning more interesting for them. Speaking and Listening skills are crucial to developing their physical abilities and for them to be able to communicate effectively with each other. Recording results, evaluating performances, writing sports events reports provide excellent writing opportunities. Our varied PE& Sport activities allow basic maths skills to be applied practically e.g. scoring, timing, measuring, angles and statistics

To stay healthy and safe

Positive PE & Sport experiences help minimise health problems and create active habits for life. We want to create young people who are not only physically literate but who are more likely to remain physically active in their adult life. Through providing regular physical activities for our children it will relieve stress, anxiety, depression and anger as well as increased fitness. Through PE & Sport we teach the importance and understanding of the need for rules and how to adhere to them for their own and others safety.

To be aspirational

Our children need to be aware of the variety and scope of PE & Sport careers as well as the benefits of a healthy lifestyle and taking part in competitive sports. Children are aware of famous and record-breaking sports persons particularly those of young age and from their local area. Through PE & Sport children will develop the will to succeed and a passion for sport that gives them drive, determination and direction to improve their lives e.g. setting personal goals, joining sports clubs, making the right choices in the community.

To be respectful and caring

PE & Sport gives our children the opportunity to compete in activities and sport which build character and embed the values of fairness and respect. Through PE & Sport our children experience different roles and responsibilities including working independently, as a team, decision making, coaching, sports leader, captain. They learn to demonstrate cooperation in tasks and to care for others by encouraging and helping them succeed. Our school has an established ethos of how to win and lose fairly. The understanding of good sportsmanship is paramount to our children.

To be inquisitive, independent and problem solvers

PE & Sport develops resilience, reflectiveness and resourcefulness. Children will analyse and evaluate their own and others performances and develop strategies and skills to improve technical skills, tactics and performances. They will be encouraged to be inquisitive, asking questions about themselves and others and how it can improve or develop the skills or activities further. PE & Sport enables our children to be competent and confident in a variety of activities and this helps them to overcome and solve problems in a wide range of situations and activities.