



Our Physical Education Curriculum



Our PE Intent



At Brighstone, we provide each child with high quality PE and sport provision. A range of learning opportunities are offered so that children can flourish in physical activities. We aim for each and every pupil to experience a wide range of sports and sporting activities, as well as prioritising and targeting physically active lifestyles for each pupil. We aim to teach children life skills that will have a positive impact on their future.



Our PE Implementation



Every child at Brighstone has access to 2 hours of high quality PE each week, from our Reception Class through to Year 6. Our lessons are mainly delivered by our Sports Coach, whilst lesson ideas and activities are also given to teaching staff for their CPD. Through our PE Curriculum, our children access a range of sports and activities to develop confidence, resilience and independence, as well as encouraging them to self-evaluate, letting them decide what went successfully, what could be improved and *how* they could improve. There are also many opportunities for all children to engage in extra-curricular sports clubs – Years 1-6 throughout the year, with Reception added during the Spring Term. We aim to give all children in Key Stage

2 an opportunity to represent Brighstone in matches and competitions against other schools. We also host friendly matches and competitions with other schools, and take part in the PEACH games and Hampshire School Games each year, to encourage this inclusive approach. As well as this, our Sports Crew are taught leadership qualities, and use these to run lunchtime clubs for our children, which helps with our aim of providing 60 minutes of physical activity each day. We also link up with local sports clubs and children are encouraged to join teams outside of school.



Our PE Intended Impact

At Brighstone, we have a weekly 'Sports Bee' award, where any child in the school can be rewarded for not just sporting achievement, but also demonstrating any of the School Games Values. This encourages the use of fair play, sportsmanship and teamwork. We believe that this encourages these behaviours not just in PE lessons, clubs and matches, but throughout their lives at Brighstone and beyond. We provide our children with sporting skills, life skills and a love for sport and encourage success in competitive situations, which all combine in them taking responsibility for their own health and fitness.

