



Abbeywood First School

Physical Education Rationale

We want our children to be active, healthy and happy. At Abbeywood all our children will have the opportunity to participate in a wide range of engaging physical activities which will help them develop a love of sport and being active.

Physical education will give our children valuable experiences, and competition will embed our school's values of perseverance and respect.

As well as inspiring and motivating our children to be active we aim to teach our children the importance of a healthy, active lifestyle and the impact it has on their physical and mental well-being.

We build and deepen **knowledge in PE** in the disciplines of Games, Gymnastics, Athletics, Dance, Outdoor and Adventurous Activities and Swimming, through 4 strands:

- acquiring and developing knowledge and skills,
- selecting and applying knowledge and skills,
- knowledge and understanding of fitness and health
- evaluating and improving performance

