



## **Physical Education Intent Statement**

At the Bythams, we strive to create a culture that aims to inspire an active generation to enjoy Physical Education. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development.

At the Bythams, we offer a dynamic, varied and stimulating program of activity to ensure that all children progress physically through a fully inclusive PE curriculum. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely to achieve their personal goals. All children have the opportunity to enjoy being physically active, maintain a healthy lifestyle and increase their self-esteem. We aspire for children to adopt a positive mind-set and believe that anything can be achieved with determination and resilience.

The aim of Physical Education is to promote physical activity and healthy lifestyles. Children are taught about the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators, thus embedding life-long values of co-operation and collaboration.

Our PE Curriculum, along with PSHE and science, teaches children about the importance of healthy living and learning about the need for good nutrition. At the Bythams, we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being.