

**(i) P.E**

Physical Education and sport is a fundamental part of a student's life at PSI. We offer a broad range of activities during curriculum time and extend these in our extra-curricular activities programme. Students participate in two P.E lessons each week.

At PSI we follow the National Curriculum for England and Wales. The P.E curriculum is designed to be fully inclusive and offers a broad range of activities for all pupils to experience. The main purpose is to offer a high-quality physical education curriculum that inspires all pupils to succeed. We aim to provide opportunities for students to become physically confident in a way which supports their health and fitness. In addition to this we offer opportunities to compete in sport and other activities which aim to build character and help to embed values such as fairness, integrity and respect.

The national curriculum for physical education aims to ensure that all students;

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Students are taught to develop fundamental skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. We aim to ensure all children are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Students are taught to;

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

Students receive high-quality teaching and coaching from the teachers in the P.E department, utilising each teacher's expertise and also from external specialist coaches. We have a strong ethos for sport in the P.E department and we believe that every child should have the opportunity to reach their full potential.

Facilities;

- swimming pool
- Sports Hall
- Astroturf football pitch
- 2 small halls

