

Physical Education Intent For Bruche Primary Academy



Intent

Our Physical Education (PE) curriculum is designed to inspire all students to develop a lifelong love of physical activity, sport, and healthy living. Through engaging and high-quality PE lessons, we aim to equip students with the knowledge, skills, and confidence to participate in a wide range of physical activities, both within and beyond school. The curriculum promotes physical, social, and emotional well-being, encouraging students to build resilience, teamwork, and leadership skills. By fostering a positive attitude towards health and fitness, we empower students to make informed choices that support their physical and mental well-being throughout their lives.

Implementation

Our PE curriculum offers a diverse range of activities, including team sports, individual challenges, dance, gymnastics, and outdoor adventurous activities. Lessons are designed to be inclusive, engaging, and progressive, ensuring that all students, regardless of ability, can develop fundamental movement skills, physical literacy, and tactical awareness.

We use a combination of structured skill development, game-based learning, and fitness challenges to support students in improving their agility, coordination, and overall fitness levels. We also integrate opportunities for leadership, communication, and problem-solving through activities such as team games and sports leadership roles.

Beyond the curriculum, we provide a variety of extracurricular clubs and enrichment opportunities to encourage participation and develop a sense of sportsmanship and fair play.

Impact

The impact of our PE curriculum is reflected in students' increased confidence, physical competence, and enthusiasm for an active lifestyle. It is also shown through our children's keen appetite for careers in sporting sectors.

Children develop a strong understanding of the importance of physical activity for maintaining health and well-being, as well as the social and emotional benefits of teamwork, perseverance, and fair play.

By the end of their school journey, students will have gained the skills, knowledge, and motivation to engage in lifelong physical activity, whether through recreational sports, competitive participation, or personal fitness. Our aim is to instil a culture of physical well-being, resilience, and enjoyment, ensuring that every student leaves school with a positive attitude towards leading an active and healthy life.