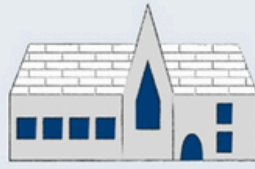
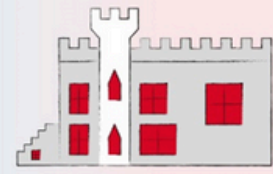




The Federation of North and  
South Cowton Community  
and Melsonby Methodist  
Primary Schools



Melsonby Methodist  
Primary School  
Live Life in all its Fullness



North and South Cowton  
Community Primary School  
Aspire, Inspire, Enquire

# PHYSICAL EDUCATION

*"The only victory that counts is the one over yourself."*

*~Jesse Owens*

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## INTENT STATEMENT

How pupils stay fit and healthy and develop physically across the Federation...

Within our Federation, we implement the National Curriculum objectives for P.E supported by high quality teaching resources.

Our aim is for pupils to be inspired to succeed and excel in a variety of sports and other physically demanding activities. Pupils will develop an understanding of how to improve their performance in different physical activities and sports as well as evaluating themselves and their peers and recognising and celebrating their success and that of others.

Pupils will be provided with opportunities to become physically confident in a way which supports their health and fitness, fine and gross motor skills and a life-long love of sport. They will become increasingly competent and confident and have opportunities to develop their agility, balance and co-ordination. Pupils will take part in dance and gymnastics, games that develop striking and fielding, shooting and moving into space, dribbling and passing, attacking and defending and outdoor adventurous activities that challenges them both individually and part of a team.

Pupils will develop the fundamental skills of running, jumping, throwing and catching in isolation and in combination and apply the basic principles of attacking and defending. They will understand and apply the rules of variety of individual and team sports, developing their understanding of how to apply tactics and strategies to be successful and their intellectual development will help them apply these skills in the future.

Our core values such as unity, perseverance, honesty and respect will be embedded through opportunities to compete against themselves and other people. Their emotional resilience will be promoted by engaging in competitive and co-operative physical activities in a range of increasingly challenging situations over a sustained period leading them to embrace a healthy lifestyle.