

We want them to enjoy being challenged, take managed risks and find ways to complete tasks they once found too difficult, using a growth mind-set approach. We plan and deliver activities that support the acquisition and development of skills and understanding, that allow pupils to select and apply the skills, knowledge and understanding and opportunities to evaluate their performance and that of others and to help build character and reinforce values such as fairness and respect.

Strategies will vary as appropriate during any lesson between whole class, group and individual activities. We provide at least 2 hours of PE are delivered each and every week, within the curriculum to all classes. Activities are meaningful, enjoyable and vigorous, with a wide range of physical activities (athletics, dance, gymnastics, swimming, netball, hockey, football, tennis, rounders, cricket, American Football, touch rugby, lacrosse and orienteering) to suit all pupils. Equipment and activities will ensure access and adapted to extend, challenge and accommodate all levels of ability. Feedback will be constructive and frequent. We include all pupils engaging everyone equally, irrespective of ability and ensuring full participation in lessons where possible. This is supplemented with specific coaching and competitive sessions in sports. Outside specialist teachers provide coaching and prepare children for the numerous Local Authority and inter-class competitions held throughout the year. Outdoor adventure activities are partly covered in a week's residential course in Year 6 as well as planned activities on Wandsworth Common every week.

By the time they leave us pupils are able to:

- 🌳 use running, jumping, throwing and catching in isolation and in combination
- 🌳 play competitive games - badminton, basketball, cricket, football, hockey, netball, pop lacrosse, tennis, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance
- 🌳 perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team
- 🌳 compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- 🌳 swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- 🌳 perform safe self-rescue in different water-based situations.

