

# Physical Education

At Millfields, we believe that Physical Education (PE) is essential to developing children's health, well-being and physical literacy. Our intent is to provide a high-quality and inclusive PE curriculum that encourages children to enjoy physical activity, develop their skills and knowledge, and inspire lifelong participation in physical exercise and sports.

We have a PE curriculum that is progressive, covering a range of activities and providing a broad and balanced experience of physical education. Our curriculum is delivered by qualified and enthusiastic teachers, supported by specialist coaches and external providers where appropriate. Teachers plan effectively for each lesson, ensuring coverage of relevant skills and knowledge, and providing opportunities to apply what is being taught in different contexts. In addition, we provide regular opportunities for children to engage in extracurricular sports clubs and activities, offering them the chance to develop their interests further. Our Year 4 children take part in Bromsgrove Bell-boating regatta each year.

We ensure that all children have equal access to PE and take steps to identify and remove barriers to participation as part of our inclusive approach. Our school environment is also designed to promote physical activity, with facilities for both indoor and outdoor sports, encouraging children to be active at all times. We have a trim trail which children access on a rota basis.

Our approach to delivering PE has a positive and lasting impact on children's health and wellbeing. Through our curriculum, children develop a range of skills, attitudes, and understanding, including the ability to plan, execute and evaluate performance in an increasingly wide range of physical activities. Pupils leave our school with a healthy attitude towards physical activity, achievement in sport and the confidence to participate in a range of activities outside of school. We have a track record of success in supporting children's participation in competitive sports, as well as in recognising those who are demonstrating resilience in their efforts to develop their skills.

Our approach to inclusive PE means that we demonstrate a high level of success in promoting participation and enjoyment in physical activity of all pupils, regardless of their background or ability. Through promoting and celebrating these achievements, we cultivate a sense of belonging and pride in our school community. Overall our approach to Physical Education supports our vision of offering all children a broad and balanced curriculum enabling them to grow in confidence and develop in all areas of their lives.