## Purpose (Intent):

At New City, we believe physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil’s physical development and well-being. We aim to deliver a high-quality, broad and balanced PE curriculum intended to provide for pupils’ increasing self-confidence in their ability to manage themselves and their bodies. In addition to developing the fundamental skills and competence to excel in a wide range of physical activities and allow pupils to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. We also strive to give our pupils the opportunity to participate in a variety of competitive sports during their school life, giving them the prospect of understanding what competition feels like, what it is like to be part of a team and to be able to both win and lose with equal grace. We hope that, through all the sporting opportunities and physical activity we offer, our pupils will potentially develop a love and passion for sport and a healthy lifestyle and continue this into their later lives.

## Aims (Implementation):

* Deliver an inclusive PE curriculum ensuring pupils of all abilities access the range of activities we offer and that they are physically active for sustained periods of time in order to encourage them to lead healthy, active lives.
* Present opportunities for pupils to take on leadership roles in which they can build character and embed values such as fairness and respect. By emphasising leadership, we hope our pupils will learn the importance of communication, organisation, team work, resilience, perseverance and a respect for rules.
* Opportunities to compete in a variety of competitions, during school time or by representing the school at various events. In turn, allowing pupils to develop greater confidence, team work and learn to win or lose with grace and sportsmanship.

**Outcomes (Impact):**

Pupils demonstrate high levels of enjoyment and enthusiasm, are proud of their achievements and have a strong desire to get involved and make progress. They develop a range of important cognitive skills such as decision making and analysis, and social skills such as teamwork and communication in addition to building self-esteem.