

At Woodgate, we recognise the importance of physical activity and its vital role in promoting long-term healthy lifestyles. Through our partnership with *Get Set 4 Education*, we are able to provide high-quality, structured lesson plans that support our commitment to nurturing physically active, healthy, and well-rounded children.



By utilising *Get Set 4 Education* resources, we ensure that our teachers can effectively shape children's physical and personal development, cultivating essential qualities such as kindness, respect, and creativity. These plans offer a secure foundation for children to build their movement skills and provide relevant, purposeful assessment without taking valuable teaching time away from learning.

Our P.E. curriculum aims to inspire children with engaging, fun lessons that are accessible to all, while fostering a lifelong interest in physical activity. By focusing on both individual and team-based sports, we equip students with the fundamental movement skills needed for a wide range of physical activities. We strive to make our lessons enjoyable and challenging, encouraging all children to find a physical activity they truly enjoy.

Through P.E., we also aim to develop key life skills and values such as fairness, collaboration, resilience, and respect. Competitive sports and active play are important elements of our program, allowing children to develop teamwork and cooperative skills.

The key aims of our PE curriculum are:

- To provide regular opportunities for children to be active.
- To help children learn how to co-operate with each other and to work successfully as a team.
- To develop children's understanding of the role of exercise in a healthy lifestyle.
- To teach various physical activities (games, gymnastics, dance, athletics, swimming, and outdoor activities) as outlined in the Foundation Stage and National Curriculum 2014.
- To integrate our school values—resilience, responsibility, respect, caring, collaboration, and creativity—into physical activities.
- To provide opportunities for children to explore a wide range of sports, helping them find activities they enjoy.
- To ensure the statutory PE curriculum is delivered effectively, with appropriate staff training.
- To offer children enjoyable active break times, with adequate space and equipment.
- To engage pupil voice, encouraging participation in physical activity.
- To celebrate sporting events and promote inclusion for all students.