

At Holsworthy Primary we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, instil confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.

Through good quality physical education and our whole school values, we aim to nurture confident, resilient children who will strive for their personal best in order to flourish. Lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. We want to aid our children in obtaining the values and skills to celebrate and respect the success and best efforts of others, as well as modestly celebrating their own successes. We also listen and recognise our children's wants and needs and provide them with a range of active experiences and clubs in addition to our core PE sessions. .

In our school we strive to educate children to develop a greater understanding on how to live healthy lifestyles and make healthy choices. We are dedicated to ensuring children understands the importance of 'wellbeing' through promoting a healthy mindset and lifestyle choices, alongside their physical wellbeing.

Our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values and the objectives laid out in the National Curriculum. Get Set 4 PE is planned so that progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school.

