

## The Magdalen Church of England / Methodist Primary School, Wainfleet

“Set your goals high, and don’t stop till you get there.” - Bo Jackson

### Physical Education, School Sport and Physical Activity (PESSPA) Rationale

#### Retention of powerful knowledge and vocabulary

The PESSPA programme at Magdalen inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically confident in a way, which supports their health and fitness. By giving pupils the opportunities to compete in sport and other activities it enables pupils to build character and help embed school values such as fairness, team building and respect.

#### Application of powerful knowledge and vocabulary

Discussions and evaluations help to develop physical vocabulary and knowledge of why it is important to keep fit and healthy. It is important for children to know team-building skills, reasons to stay fit and to learn about the body and how it works. Children will understand knowledge, which will interlink with science. PESSPA builds confidence and abilities as they grow in preparation for further education.

#### Inspiration

Working together through interactive sports in school and working with other schools throughout competitions will inspire children to work to their best of their ability and face up to different challenges as individuals and groups. Using school values to aid their development building confidence and achievement should inspire them to maintain an active life.

Always building friendships with one another, whilst being thankful for what we have.

### Success for Everyone

We believe that through physical activities and greater knowledge of healthy lifestyle children will develop a better understanding of how our bodies grow and adapt helping us to live a longer and healthier life. Through working together encouraging team skills and positive attitudes gives children a good grounding, which will help boost success in all areas of learning.

### The Impact of our PE curriculum:

- Develop pupil's competence to excel in a broad range of physical activities.
- Ensure pupils are physically active for sustained periods of time.
- Engage pupils in competitive sports and activities.
- Enable pupils to lead healthy, active lives.
- Stimulate and maintain pupil's enjoyment in PE and sport.
- Enable pupils to be familiar with a body of knowledge, principles and vocabulary to relate to PE.
- Understand and use safe practice in PE.

Remembering to forgive when we have been wronged and hoping to help others less fortunate than ourselves.

while trying hard each and every day to trust other people around us through humility and service.