

PE Mission Statement



'You don't stop playing because you grow old; you grow old because you stop playing.'

George Bernard Shaw

PE at the Woodland Federation

At The Woodland Federation, we recognise the importance of physical activity, and we aim to provide a PE curriculum that pupils from EYFS to Year 6 not only enjoy, but one that also allows them to experience a range of activities that help them to develop their health, fitness and wellbeing. We noticed that many children from both of our school communities returned to school post-pandemic having completed very little physical activity; having put on weight; and not having taken part in team building or collaborative activities. As a federation, we decided that confronting this was to be one of our key strategic areas as, along with the points outlined above, we also recognise that being healthy and active has a positive impact on ones mental health as well.

We intend to offer a high-quality physical education curriculum that 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. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. We are fully committed to achieving to the aims of the national curriculum for physical education to ensure that all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives
- develop competency and knowledge of water safety
- Engage and have an understanding of diversity on a local, national and global level