

PE and School Sports



Vision and Aims for PE and School Sport

Vision

Here at South Witham Academy we aim to provide the highest quality PE and School Sport for all children, of all abilities. PE and School Sport to enhance health and well-being and inspire children to achieve their personal best through enjoyment and challenge. We hope children will continue to enjoy sport and an active lifestyle throughout their school life and beyond.

Aims

We aim to ensure the following **outcomes for our children:**

1. Children who **enjoy** PE and Sport.
2. Children who **are motivated to improve their skills and fitness** and achieve to the highest levels in relation to their own abilities and potential. They willingly take part in a **range of competitive, creative and challenge-type activities**, both as individuals and as part of a team or group.
3. Children who know and **understand** what they are trying to achieve and how to go about doing it. They have the **confidence, skills** and control that they need to take part in PE and Sport They are challenged and supported to realise their potential.
4. Children who understand that PE and sport are an important part of a **healthy, active lifestyle**. They are physically active and can explain how the school helps them to maintain a healthy, active life style. They develop personal qualities through healthy, physical activity and competitive situations. These include a sense of belonging, team spirit, pride, confidence, fair play, an understanding of the importance of rules and good sportsmanship.
5. Children who are **committed** to PE and sport and make them a central part of their lives both in and out of school. They have stamina, suppleness and strength to keep going and think about what they are doing in PE, making appropriate decisions for themselves.

