

PE VISION

This vision for PE at Forest Gate Academy it is a culmination of thoughts and ideas in a joint effort to improve physical and health education in lessons, around school and during extra-curricular activities for our children.

Healthy & Active Lifestyles

We aim to educate both adults and children to develop a greater understanding of the benefits of healthy living. Children need to practise skills on a daily basis to show commitment to keeping their bodies healthy and playing varied sports. This will promote long term healthy, active lifestyle choices. We will build knowledge, improve skills and deepen social wellbeing within a fruitful partnership between home, school and the community.

Competitive Opportunity

Our aim is to nurture confident, resilient children who strive to achieve their potential through a wealth of competitive experiences. We will encourage a positive attitude towards winning and an accepting approach towards losing within a wide range of sports. This way everyone can celebrate varying sports, skills and success in themselves and others in school. We will provide, 'opportunities for children to compete in a wide range of sports and other activities in order to build character and help to embed values such as fairness and respect.'

National Curriculum 2014

Physical Education

We will ensure that 'pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others.' As pupils move into KS2 they will 'continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to actions and sequences of movement.' At Forest Gate Academy we will support the children in, 'developing an understanding of how to improve physical activities and sports and learn how to evaluate and recognise their own success.'

National Curriculum 2014

We will offer a wide range of sports and physical activities that will encourage children to enjoy exercise now and also throughout their whole life. This will promote high self- esteem and confidence when faced with challenges in all areas of life at school, at home and in the community. Overall potential must be enhanced by celebrating success in all that our children strive to do academically and physically. Healthy minds and bodies support present and future learning and wellbeing.

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