

## **P.E. Curriculum Vision**

**To promote a holistic approach to a healthy mind and body** – A wide range of indoor and outdoor activities will be taught, alongside sessions throughout the curriculum on healthy eating, knowing how to look after our bodies and mental health awareness, resulting in a longer and healthier life.

**To encourage our children to be leaders** – Our children will be shown how to respect and value rules and codes of conduct; understand the importance of responsibility; given opportunities to organise events and work as a team.

**To develop physically literate** individuals - Our children will be given knowledge, skills and confidence to enjoy a lifetime of healthy, physical activity by regular participation of sports in school alongside a variety of competitive events across the county.