



# Physical Education at JFCPS

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## Mission Statement

*“To be the best that we can be.”*

### **Curriculum Overview for Physical Education**

At Johnson Fold, children are taught to compete and succeed in competitive sport and other physically-demanding activities. We provide opportunities for children to become physically confident in a way which supports their health and fitness. Children are taught a range of skills and then how to apply these in competitive situations. Children are given competitive opportunities and are taught the values of fairness, respect and resilience.

We aim to develop competence to excel in a broad range of physical activities. Using specialist coaching we are able to provide children with the opportunity to take part in a wide range of sports, including the likes of rugby, yoga, wrestling and karate.

Through links with local secondary schools and other primary schools we give children the opportunity to engage in competitive sports. Our curriculum teaches children to communicate, collaborate and enjoy competition with each other. We encourage children to self-assess their own performance and recognise their own successes to help improve their performances.