

Health, Well-being and Community

Through a holistic approach, we aim to deliver a rich curriculum - with a clear progression of skills - that promotes healthy minds and bodies within the community. With clear outcomes and links to core subjects, staff will be empowered and supported to deliver high quality, well-structured lessons. By providing opportunities for all (including those who are disadvantaged) to be active in a range of disciplines, children's well-being will be enhanced. The environment and resources will be engaging and safe for all.

PE

PSHE

Forest School

Community



Our PE Vision

At Langshott Primary School, we provide a high-quality Physical Education curriculum that inspires all pupils to take part in physical activity. It supports children in becoming physically confident in a way that supports their health and fitness.


Our Aims

To provide high-quality PE lessons that engage, inspire and challenge pupils, in addition to equipping them with the knowledge and skills to play socially and competitively.

Knowledge

Sports	
	The children at Langshott gain an understanding of a variety of different sports in different disciplines such as Striking and Fielding, gymnastics, athletics and Invasion Games.
Values	
	The children at Langshott will build character and embed values such as self-belief, honesty, passion, respect, teamwork and determination.

Skills

Doing	
	<p>The children will take part in a variety of sports in different disciplines to ensure a wide range of skills are taught and developed. They will have the chance to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. In addition, they will have the opportunity to participate in team games, developing simple tactics for attacking and defending and to play competitive games, modified where appropriate, applying these basic principles.</p> <p>The children will perform dances using simple but a range of movement patterns. In gymnastics and athletics, they will develop flexibility, strength, technique, control and balance. As part of their curriculum, the children will take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>With lots of these skills, they will have the opportunity to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>