# PE

## PE Intent

At The Ferrars Academy we are committed to being an Active School. Through PE we intend for each child to develop:

- Their own physical abilities.
- A growth mindset.
- An appreciation for co-operation.
- A positive attitude towards physical activity.
- An understanding of the effects of physical activity on the body by delivering at least 2 hours of high quality physical activity a week.
- An understanding of healthy lifestyles by promoting healthy living, good diet, exercise and emotional well being

## PE Opportunities at The Ferrars Academy

Children are offered:

- Weekly PE sessions lead by their class teacher.
- Weekly sports lessons lead by external sports coaches in key stage one.
- Additional sports workshops lead by professionals from external agencies.
- Additional dance workshops lead by professionals from external agencies, often with cross-curricular links that support different cultures, celebrations and topics.
- The opportunity to experience a range of sporting activities during the school year, Sports Day and National Sports Week.
- The opportunity to develop healthy eating and lifestyles through workshops and other in school initiatives.
- Opportunities to practise and develop sporting skills in after school clubs.
- Weekly mindfulness and yoga opportunities to support the development of healthy mind-sets.

## Pupil Voice

(Glow in the dark Dodgeball workshop, 2025)
The best fun ever I've ever had!
(Joshua D, Year 1)

We do running and we love hopping because it makes your bones strong. (Nahla, Year R)

We do it because it makes you stronger.
(Abdul, Year R)