



## PE Vision



At The Reddings Primary School, our vision for Physical Education and Sport is that every child should have the opportunity to take part in physical activity on a regular basis and become more physically confident and competent. We hope that, through all the sporting opportunities and physical activity that we offer, the children will potentially develop a love and passion for sport and continue this into their later lives.

We aim to do the following:

- Provide the children with at least 2 hours of fun, exciting and active PE lessons every week
- Keep the children healthy and active every day with at least 30 minutes of physical activity a day
- Educate them about a balanced diet and a healthy lifestyle

At Reddings, we also strive to give as many children as possible the opportunity to compete in a variety of competitions during school time or by representing the school at local events. We hope that in doing so the children will develop greater confidence, teamwork and learn to win or lose with grace and sportsmanship.

It is also of paramount importance that we create sporting leaders during the children's time at Reddings. We aim to offer lots of children the opportunity to lead sporting activities, organise games and events and learn to lead by example. By emphasising leadership, we hope the children learn the importance of communication, organisation, team work, resilience, perseverance and a respect for rules.

PE and Sport are a proud part of the Reddings experience, and we hope that this continues to grow in the future and prepare our children for life after The Reddings.