

# Physical Education and Sport at Haverigg Primary School

At Haverigg Primary School we value the role that Physical Education and Sport plays in the physical, social and emotional development of children. Physical Education and Sport are vital in giving children the knowledge, understanding and the tools to make informed choices about healthy living, to have a positive impact on their own health and wellbeing. Our curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. All children are inclusively given the opportunity to take part in a wide range of sports and physical activities, carried out in a safe and supportive environment, where effort and hard-work, as well as success, is celebrated and enjoyment and working together is promoted.

During curriculum Physical Education we deliver all six areas of NCFE including Games, Dance, Gymnastics, Athletics, Swimming & Outdoor and Adventurous Activity. Additionally, the Physical Education curriculum at Haverigg Primary School targets the importance of diet and the impact that this has on children's short and long term health through the delivery of the Phunky Foods Healthy Eating Curriculum. We value the positive impact sport has on children's personal development and in particular children's self esteem; with this in mind we aim to nurture children's passion and confidence through upholding the values of the games, which are linked closely to our own school values. The Physical Education Curriculum runs alongside our local competition calendar which ensures children are given enough time to acquire and develop the skills necessary to feel confident when taking part at competitive sporting events.

We run a range of after school clubs and enrichment activities to promote and inspire active lifestyles such as Gymnastics, Change 4 Life, Dance, Games, Running and Multi-skills. We also work closely with our local sports clubs to promote and encourage children to join when they show an interest in a given sport. This year we are working closely with Haverigg Cricket Club to inspire as many children to participate. Other initiatives we take part in are Sports for Champions, 100 Mile Challenge as well as giving children to lead through our Play Leader scheme.

