



Vision Statement for PE and Sport at Heathlands Primary School

At Heathlands we know how important PE, sport and being active can be to the development of children. We are keen to develop a love for sport while fostering a competitive spirit in an inclusive environment. We hope, and have seen in past pupils, that this love for sport stays with children long after they leave Heathlands. Above all though, we set out to ensure children enjoy PE, sport and being active, as through that enjoyment they will strive to improve and do their best independently, now and in the future.

PE leads to improved fitness, physical health, mental health, well-being, focus, drive, concentration, attitude and academic achievement. It helps children:

- Develop a healthy lifestyle
- Discover hobbies and interests for life
- Build self esteem
- Learn to work as part of a team
- Find a drive and focus to achieve
- Experience the highs and lows of competition
- Raise achievement across the curriculum
- Enjoy sport and being active



Providing a broad and balanced curriculum from EYFS and throughout the school is key to the high quality provision we offer at Heathlands. The EYFS and Key Stage 1 curriculum is predominantly skills based; ensuring that all children develop the basic skills to enjoy and be successful in PE. In Lower Key Stage 2 further developing these skills remains important, but more opportunities are given for children to learn how to play a range of sports including football, netball, tag rugby, tennis, rounders, cricket and athletics. In Upper Key Stage 2 the focus moves on to

mastering these skills and applying them within game situations; developing an understanding of how to be successful when taking part in these different sports. In addition, dance and gymnastics are taught to all children each year throughout their time at Heathlands. PE lessons are differentiated and adapted to suit the needs of all children taking part, including those with additional learning needs, pupil premium children and those who have shown a talent within a sport.

We are keen to ensure that children are as active as possible every day at Heathlands, but not only through the PE lessons and clubs we offer. We encourage children to be active at break and lunchtime and plan active activities across our curriculum. Children also take part in the Daily Mile across the week. Children enjoy being active, and this can therefore help them further enjoy their learning. By being more active there are physical benefits, as well as supporting children in their improving their mental health and well being.

Allowing children to deepen their understanding of a range of sports is also key to what we do. We offer a wide range of sports clubs, most delivered by staff from Heathlands and some taking place at school but run by external coaches. The clubs offered includes football, netball, girls football, rugby, dodgeball, basketball, athletics, rounders, cricket, tennis, multi-sports and dance. We also have a number of strong links with local sports clubs who have a presence within our school. Many children train and/or play for Bergholt Heath Football Club, West Bergholt Cricket Club, Colchester Town Ladies Football Club and Colchester School of Gymnastics.



Children are encouraged to always strive to achieve their best, whether this is running a personal best time or competing at a county event. Healthy competition is key to children wanting to improve; competition against themselves and competition against others. Throughout the year children take part in inter house events in football, netball, dodgeball, cross country, rounders and athletics. Children also have the opportunity to represent the school in a range of competitions against other schools through the Colchester and Blackwater School Sport Partnership, Colchester Primary Sports League and a range of other, one off events organised by local schools or sports federations. We attend a significant number of events throughout the year, taking multiple teams where possible. We

make every effort to ensure that all children in Year 6, and the majority of children in Year 2, 3, 4 and 5 have the opportunity to attend a sports event each year.



Children enjoy the challenge of competing at this level and the feelings of pride and joy when they are successful. We believe these competitions, and opportunities to compete within PE lessons, are just as important in teaching children other values, such as the value of working hard and maintaining their focus to attempt to achieve their goal, or experiencing the disappointment of not winning but being resilient enough to pick themselves up and try again. Children at Heathlands learn the importance of competing fairly, respecting their opponents and officials as well as winning, and losing, in the correct way.

PE at Heathlands also offers opportunities to bring our community together to celebrate. Children take part in sponsored events including running, football and dancing. Sports Day is a big date in the calendar, where all children are cheered on to do their best by their friends and the large number of family members who attend.

We believe that the PE and Sport that is offered at Heathlands helps children to develop into well-rounded and successful children.

