

## **PE**

At Cockwood School we are deeply committed to promoting physical activity and healthy lifestyles in all our pupils. We believe that the lifelong personal qualities developed through PE are invaluable, and that these skills and attributes support our pupils in their journey to becoming resilient, collaborative and reflective members of our school. We work closely with Primary Sports in Education and the South Dartmoor Primary Schools Partnership, and through these links are able to provide every pupil from Year 1 upwards with the opportunity to represent the school at interschools' events, festivals and competitions every year.

Pupils take part in a rich, progressive programme of physical activity, and are taught by specialist teachers in Sport, Forest Schools and Dance across the whole school. Every pupil receives an annual block of swimming lessons from Year 2 upwards, and are taught about the vital skills of pool and coastal water safety that are so important within our locality. All pupils receive Bikeability training in upper KS2, recognising the importance of developing responsible attitudes, respect for other road users, and keeping themselves safe on the roads. Active playtimes are led by Year 5 Play Leaders, who receive biannual training and ongoing support from staff, and who demonstrate confidence and responsibility in sourcing, organising and rotating play equipment for pupils at our school.

We value individual preferences within PE, recognising that each child will enjoy and excel in different areas. By providing pupils with dynamic, varied experiences in PE, we seek to support them in developing and sustaining healthy lifestyles during their time with us at Cockwood School, in order to provide them with enjoyment, knowledge and skills that will enable them to be active, healthy citizens of the future.