**Physical Education ~ Intent.**

Pupils are taught the knowledge, understanding and skills needed to engage in the process of physical, cognitive and social and emotional activities.

At Saughall All Saints we want our children to love physical education and sport. We want them to have no limits to what their ambitions are and grow up wanting to be personal trainers, nutritionists, sports journalist or gold medal winners. Our aim to ensure that every child has the opportunity to access at least 60 minutes of physical activity a day, while covering all aspects of the PE national curriculum. We believe, through experiences and a broad, balanced and progressive curriculum tailored to all children, they will continue to have the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for their engagement in physical activity, sport and PE. Our intention is to develop a lifelong love of physical activity, sport and PE for every child at Saughall. We help all children to make rapid progress in their physical, social and mental development. This helps them maintain a positive physical and mental outlook for the future. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Saughall All Saints, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.