



Jesus said, "Come, follow me." Matthew 4: 19

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore, both teachers and children should be aware of its importance. We provide the broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, vigorous, purposeful and regular. Through providing positive experiences, a lifelong interest in physical activity is encouraged. The range of physical activities is wide and includes athletics, dance, games, gymnastics, swimming and outdoor education. A high quality programme is designed to satisfy the needs, abilities and interests of all individual children.

At Padiham Green each class will receive 2 hours of taught Physical Education. 1 hour will be taught by a fully qualified sports coach and the other by the class teacher, covering all areas of the National Curriculum. P.E. lessons are fully inclusive and are delivered specifically to challenge and develop each child physically and socially. We also offer an array of after-school clubs and lunch time activities such as: football, netball, tennis, cricket, tag rugby, rounders, athletics and change 4 life clubs.

Padiham Green children work to a Sports Curriculum that has a focus on fundamental movement and skill development. The Curriculum also covers a wide variety of different sports and skills working on the technical and skill development of each child. Lessons are of a high tempo and very energetic whilst the children are always having fun and enjoying themselves.

The children at Padiham Green are also extremely privileged to attend a school that is part of the Burnley School Sports Partnership which entitles us to:

- Full time SGO and SSCo support and programme coordination
- Inclusion support and competition/festival programme
- Full competition calendar with links to National School Games
- Access to Change4Life Festivals targeting non-sporty children
- CPD course programme - access to LCC CPD courses through East Lancashire CPD
- School Sport Coaching programme including: Rugby, Cricket, Multi-skills, Netball and Dance
- Developing Physical Literacy Programme or similar
- School Sports Crew and Play Leaders training
- YTS (Youth Sports Trust) membership

The School Sports Partnership is headed by Helen Tyson (School Games Organiser) and is funded by the primary schools in Burnley. The aim of the partnership is to get all children involved in sport and give them the opportunity to showcase the skills they have learned in a competitive environment.

At Padiham Green we feel that being a member of BSSP will help the children to improve individual skills, confidence, self esteem and attitude towards Physical Education. We believe that all of our children should have opportunities to have fun and enjoy every aspect of Physical Education. Through attending regular competitive events, we believe that our children will be motivated to improve in their sporting achievements.

Our policy is that all children and staff are dressed appropriately when partaking in physical activity. Children will be asked to wear: black shorts, a white t-shirt and black pumps.