

## **Physical Education**

High quality Physical Education is a more than a taught subject at Moorfield: it is a way of life and integral to our school ethos. From Reception to Year 6, children are immersed in an inclusive, broad, balanced, and inspiring curriculum that ensures *all* will benefit and thrive. Through 2 hours plus of high quality teaching a week, children are given the opportunity to be physically active for sustained periods of time; become confident and competent in a range of skills; and embed values of fairness and respect.

It is our intent that children are knowledgeable about how to lead healthy lives. The weekly 'Moorfield Mile' ensures children challenge themselves, build stamina and acknowledge personal successes as well as recognising healthy lifestyles. In KS2 all children are taught to swim 25m in a range of strokes and self-rescue by qualified swimming instructors.