

### Curriculum

- Adapted Chris Quigley Milestones.
- Twice a week—indoor and outdoor
- Daily Mile on our track.
- Physical literacy.
- Good coverage programme that offers a range of sports and activities every year.

### Swimming

- All KS2 children swim for at least half a term every year.
- Children not at expected standard in year 6 have option of another half term to help close the gap on their peers.
- An ASA Level 2 Swimming Instructor and experienced TA that deliver the programme.

### After School Clubs

- Combat Kids
  - Multi-Sports—KS1 and KS2
  - Street-dance (Crossbar)
  - Multi-Sports (Crossbar)
  - Gymnastics
- and many more!

### PE at Lightmoor



What does it look like?

### Active Children

- All children active for at least 30 minutes a day.
- Daily Mile around our track every day.
- Trained 'Play Leaders' at break-time.
- Most lunchtime Supervisors trained in 'Jumping Jaxx'.

### Competition

We try to enter as many competitions as we can to give the children every opportunity of competing if they so wish. We regularly enter teams into competitions for Football, Cross Country, Athletics, Swimming and Tag Rugby to name a few. We also do our best to provide B team fixtures to ensure as many children as possible have the opportunity to represent our school.

### Inclusion

We take inclusion very seriously at Lightmoor. We ensure that all children can access PE and even enter teams into the local 'Sportsability' events. So far, our 'Cool Kids' have entered boccia and New Age Kurling competitions, winning the boccia one!