



‘Physically educated persons are those who have learned to arrange their lives in such a way that the habitual activities they freely engage in make a distinctive contribution to their wider flourishing.’ - James MacAllister

Children at Portland are given the opportunity to experience a diverse range of sports both in PE lessons and as part of extra-curricular activities including hockey, handball, and swimming. These opportunities and experiences encourage them to ASPIRE and believe in themselves. PE at Portland is taught by specialist PE teachers, including an external agency who follow the PE hub curriculum that sets out the core knowledge and skills that we want our children to acquire throughout the school. These key skills are mapped against sports to enable children to build the fundamental skills required to participate in and compete in sports. In addition, a sports week is delivered using sport specialists to expose the children to a richer variety of sports.

Children benefit from 2 hours of taught sessions per week. One session is taught by our specialist PE teacher and the other by Premier Sports. Within lessons, EYFS concentrate on the prime area of physical development and KS1 cement basic skills like throwing, catching, jumping and moving in different ways. In KS2, children continue to build upon and develop these core skills, alongside the rules and tactics of the sports as they apply them in a range of competitive sports and other physically demanding activities. At all ages, we aim to support our pupils in becoming physically confident, whilst building and embedding the values of fairness, respect and sportsmanship.

We offer a variety of sporting after school clubs and enter inter school sporting competitions in a range of sports, including multi-sports, handball and badminton.