

Physical Education Curriculum

“Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong.”

– John F. Kennedy

We aim to inspire all children and for each child to fulfil their potential. We want the children’s experience of PE to be positive and motivating. PE enables pupils to become physically confident. This supports their health, wellbeing and fitness and provides the foundations for lifelong activity. We want them to succeed and excel in competitive sport and physical activities. We offer all children chances to compete in sport and other activities. This helps them build character and learn values such as fairness and respect. Through PE, we develop the children’s knowledge, skills and understanding. They build confidence and competence in a range of activities.

By the end of Year six every pupil will have*,

- Developed a **technical knowledge**, being able to understand and have skills within a range of sporting activities.
- Developed an understanding of the **Leadership** components of PE.
- Have an experienced a range of sports where they should develop an **understanding** of how to **improve** in different physical activities and sports.
- Pupils should of learnt how to **evaluate** and **recognise** their own success.

All these will be taught through a variety of sports from different sporting areas such as invasion game, Net/wall games etc.

Teaching and learning in Physical Education is categorised as follows...

- Developing Skills
- Decision Making
- Evaluating and Improving
- Knowledge and understanding of Health and fitness
- Physical and Mental capacity
- Leadership

