






Subject Overview

Physical Education					
<p>Vision for Physical Education</p> <p>Through building up a body of key knowledge and skills, pupils are encouraged to recognise the importance of fuelling a healthy body and maintaining a healthy lifestyle. Physical education provides a range of experiences that form the basis for lifelong sporting and recreational activity as well as establishing physical, personal, social and emotional developments in children.</p>		<p>Key Concepts</p> <p>Expression Communication Team work Competition Health and fitness Sporting prowess Fairness Enthusiasm Evaluation Performance</p>		<p>Content and Sequencing</p> <p>Learning is sequenced so that knowledge is built upon each year e.g. In Year 1 pupils copy, repeat and explore simple skills and actions with basic control and co-ordination. In Year 3 pupils explore simple skills. They copy, remember, repeat and explore simple action with control and co-ordination. In Year 5 pupils link skills, techniques and ideas and apply them accurately and appropriately. Their performance shows precision, control and fluency.</p>	
Curriculum Drivers					
Aspirational	Outward Looking	Conceptual	Experience Led	Language Rich	Enquiry Based
Physical education enables children to understand what it takes to develop and maintain a healthy lifestyle. We teach them that there are many reasons to engage in physical activity; health and fitness, competition, to develop your sporting prowess, to participate in team activities and fun!	Physical education helps children develop the ability to communicate and collaborate with others. This enables positive relationships with others and roots the value of fairness in their own understanding. It also provides them with an understanding about what impact physical activity can have on their body and lifestyle.	Physical education concepts are ideas or models that encompass values and positive attributes we seek to impart to the children. Many of these concepts are abstract and complex that seek the children to be introspective and use that reflection to become the best they can be.	Physical education is practical with a large focus on team sports, games and competition. It uses this to make learning memorable. Children make links to their own experiences to make sense of new knowledge. Involvement in sporting events with other local schools is an important part in encouraging passion and healthy competition.	The quality and variety of language heard and spoken are key factors in developing a broad and detailed knowledge and exploration of physical education. They will be able to use specific names for moves and processes as they begin to master different skills and techniques. They will be able to clearly communicate these ideas with others in a precise way.	Physical education begins with asking questions. Throughout a unit of learning, children are encouraged to question how to achieve certain outcomes, discover different ways to be active, create games to encourage teamwork, set goals, identify changes as well as investigate, collaborate and explore sport, health and fitness.
<p>Links with Mathematics and English </p>		<p>Progressive </p>		<p>Inclusive </p>	

<p>Opportunities to apply their English skills:</p> <ul style="list-style-type: none"> ➤ Written evaluations of performance ➤ Biographies about athletes ➤ Sport and fitness presentations ➤ Information texts on sports, health and fitness or sporting events <p>Opportunities to apply their Mathematics skills:</p> <ul style="list-style-type: none"> ➤ Data collection and analysis ➤ Rounding, averages ➤ Directional language ➤ Shape exploration 	<ul style="list-style-type: none"> ➤ Evidence of the physical development and acquisition of knowledge and skills appropriate to their year group. ➤ Children can talk confidently, using the technical vocabulary appropriate to their year group, about sport they have watched and participated in. ➤ Evidence of children applying their understanding after the unit of learning by applying the knowledge and skills gained to other areas of sport and games. 	<ul style="list-style-type: none"> ➤ Task varied to support children to access the task. ➤ Learning is challenging. ➤ Children's starting point is identified using assessment tools and teaching builds on prior knowledge. ➤ The curriculum is extremely practical to engage all. ➤ The outside environment and a variety of sporting and exercise equipment is used to aid skills progression.
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