



Physical Education and Sport



Intent

We believe, in PE, pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination; individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. We intend to make our pupils aware of their physical and mental health.

Our mastery approach encourages children to think and learn for themselves to apply their skills across the curriculum. In PE we could link enriched vocabulary from science and linking to a dance sequence or using positional language, apply to gymnastic equipment. PE is carefully differentiated and provides age appropriate challenges.

Effective mastery in PE encourages all pupils, regardless of their ability, to apply a broad range of skills, across a wide range of different sports. Those who achieve mastery in PE are also able to articulate and demonstrate the importance and impact of exercise on creating and maintaining a healthy lifestyle.

Dance

Dance is a key focus of the new curriculum making up two thirds. In each year group; children will take part in dance twice a year linking in with our Power of Reading scheme and creative curriculum.



Gymnastics

Each year group will complete one gymnastics unit. During the gymnastics unit, children will be developing their strength, suppleness, flexibility and balance through a range of activities. A specialist Gymnastic coach will deliver lessons that will extend our children's learning using our full gymnastic apparatus.



Aims

The main key aims in PE from the Government are:

- to develop competence to excel in a broad range of physical activities;
- children are physically active for sustained periods of time;
- children engage in competitive sports and activities;
- children lead healthy and active lives.

Games

Competitive sport is now a key aspect of the new curriculum. Children will learn skills and rules of a number of different games and apply them to game situations.

The games that we play at our school are:

Athletics
Cheerleading
Football
Cricket
Tennis
Basketball
Tag Rugby
Rounders

Children will be given the opportunity to take part in competitions throughout the academic year.

Clubs



There are a variety of after school clubs available to children who are wanting to play games outside of their PE lessons or who just want to learn a new skill!

Children will be given opportunities to learn a range of skills as well as developing teamwork.

After school clubs available are:

Athletics
Cheerleading
Tennis
Football (Multi-skills)
Gymnastics



PE Kit



Plain White Polo Top



Black shorts



Plimsolls or Trainers