

PHYSICAL EDUCATION

We strive to ensure our pupils have a deeper knowledge of the importance of lifelong physical activity and an understanding of how sport and other activities build character and help to embed values such as fairness and respect.

Quality of Education: Ensure that learning meets pupils’ needs through a relevant curriculum, appropriate resources, suitable interventions and high expectations.

Learners will . . .

- Acquire a range of motor skills, applying them effectively.
- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending.
- Select and apply skills, tactics and compositional ideas.
- Develop a working knowledge of safe practice and an ability to listen to and follow instructions.
- Develop individual ability through creative and expressive problem-solving situations.
- Analyse and evaluate their own and others performance.
- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.
- Perform safe self-rescue in different water-based situations.
- Take part in outdoor and adventurous activities which present intellectual and physical challenges.



- Encourage interest in physical activity as a basis for future participation, developing pupils understanding of the importance of physical activity and a fit and healthy lifestyle.
- Promote the ability to work independently and co-operatively, thereby developing positive relationships and communication skills.
- Encourage pupils to work in a team, build on trust and develop skills to solve problems, either individually or as a group.
- Provide opportunities to compete in sport and other activities, build character and help to embed values such as fairness and respect.

Teachers will . . .

Inspire pupils to learn through memorable experiences and linked cross-curricular opportunities.