

Physical Education



Intent

Physical education at Eastfield will impact the lives of the children in a positive way. The children will make healthy life choices and gain a love of sport and physical activity. They will develop their knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes a love for exercise and competition and an understanding of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Moreover, we empower the children to make informed choices about physical activity throughout their lives.

The objectives of teaching PE in our school are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children perform skills, and apply rules and conventions, for different activities;
- to show children how to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success;
- to promote mutual respect through the use of varied groupings and the opportunity to share and celebrate the achievements of others;
- to develop pupil self-esteem through the use of peer assessment, identifying where the skills taught have been applied successfully;
- to develop the children's understanding of how to lead a healthy and active lifestyle

Implementation

PE is delivered as 1 extended lesson per week. In KS1, pupils master basic movements; running, jumping, throwing and catching, participate in team games attacking / defending and perform dances. In KS2 pupils develop movements; Run, jump, throw and catch in isolation and in combination. The children play competitive games; attacking / defending; they develop flexibility, strength, technique, control and balance – athletics / gymnastics and perform dances. In Year 5, children go swimming each week. Children in Y2 and Y6 complete residential and outdoor activities.

Impact

Children will have a mentally and physically healthy lifestyle whilst being taught a range of skills being taught and developed across the curriculum, children will experience a range of sports through PE lessons and will then be confident to compete against their peers. Children will gain the social skills to work as a team and also self-critique their own performance whilst using the correct vocabulary. Children will experience winning and losing and how to behave in each situation, which will develop their knowledge of their own emotions also in KS2, they have the opportunity to experience new sports through extra-curricular activities.