

PE Summary

Subject Lead – Mrs C Jones

To be physically literate we need to demonstrate physical competence, confidence, motivation, knowledge and personal responsibility when taking part in physical activities. This needs to be consistent across different activities and in different settings.

We do this by focusing our PE lessons on much more than learning the physical skills and rules of a game. Children are encouraged to work on themselves in a three-pronged approach:

1. Develop their physical competence- This includes working towards achieving a wider range of original and imaginative actions, fundamental skills and effective techniques across different sporting activities. Children work on understanding why different tactical and compositional ideas may be required and how to select these appropriately. Children work on their competency, control and coordination.
2. Develop their thinking skills-Children work on their decision making and evaluate how they can improve their own and other's performance. They work towards setting up, leading, coaching and officiating activities. Children also plan and lead their own warm up and skills practice to meet the needs of various fitness activities.
3. Develop their social and emotional skills- This focus is supporting pupils to understand and explain how exercise can help them improve their health and wellbeing, as well as encouraging team-spirit, motivation and fair play. Children work on their communication, leadership, co-operation, and commitment to their own health and that of their peers.

	Spiritual	Moral	Social	Cultural
PE	Students are taught to believe in themselves and what they can achieve if they have a 'can do' attitude in showing endurance and perseverance. Students develop a variety of skills, which allows the students to express their feelings and emotions as well as be amazed by what their bodies can achieve. They will also explore many activities and also take on many different roles within sport such as leader or coach. Students also learn to handle success and defeat with dignity, including trying to develop their own 'personal best' scores on an individual level.	Children have the opportunity to understand how PE can influence their healthy living and lifestyle. PE highlights the advantages of health and lifestyle through team sports and health related fitness. Students reflect on values surrounding competition which includes 'winning at all costs' as well as sportsmanship, fair play and how to respond to injustices in the sporting arena.	Pupils will have endless opportunity to work as a team, as well as reflect on feelings of determination and enjoyment. Children will develop their social skills in co-operation, communication, commitment, loyalty settling discrepancies and team work. Time is allocated to discuss achievements of others and how they could develop, as well as evaluating their own behaviour and the impact on a team.	Learners are given the opportunity to learn games and dances from different traditions, including their own. Males and females work together in sports, which are tailored to be inclusive to all and break down the barriers of a perceived male/female only sport. Inter-school competitions are also being held, which includes children from other cultures and backgrounds.