

P.E at St Bernadette's 2014

Ensuring P.E and sport are
the heart of our school life
to raise achievement for all
our pupils

Purpose

- High quality P.E
- Succeed and excel in competitive sport/activities
- Become physically confident
- Opportunities to compete in sport and other activities
- Embed values such as fairness and respect

Aims

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy and active lives

Key stage 1

- Fundamental skills
- Agility, balance and coordination
- Competition

- Pupils will be taught to:
- Master basic movements in a range of activities
- Perform dances using simple movement patterns

Key Stage 2

- Continue to apply and develop a broader range of skills
- Communicating, collaborating and competing
- Understand how to develop an understanding of how to improve in different physical activities and sports
- Evaluate
- Pupils will be taught to:
 - Fundamental skills
 - Competitive games- attacking and defending

Key Stage 2

- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Outdoor and adventurous activity
- Evaluate

Swimming

- All schools must provide swimming in either key stage 1 or key stage 2
- Swim competently and confidently over 25 meters
- Range of different strokes
- Perform safe self rescue

Physical Education is education through physical activity, its goal is the development of the individual as a whole, not just their physical development or their proficiency in specific sports.
(Youth Sports Trust)