



PE

Intent

- To develop a range of skills and give opportunities for the practise of them.
- To develop a strong foundation of fundamental movement skills.
- To encourage perseverance by developing the skills required to work successfully and co-operatively within a team.
- To develop an understanding of the importance of a healthy lifestyle.
- To develop self-confidence and an understanding of the capabilities and limitations of themselves and others.
- To teach the safe use of apparatus.
- To develop a love of sport and physical activity in all our children.
- Through the use of games involving receiving, controlling and sending objects, give opportunities for the children to develop concepts of fair play and honest competition.

Implementation

Our Physical Education curriculum is taught using the GetSet4PE progressive scheme of work and is enhanced by the Imoves dance programme.

We will use these main areas:

- 1)**Dance** - Movement to music, rhythm and beat linked to the overall topic where possible.
- 2)**Gymnastics** - On the floor and apparatus: Travelling, awareness of space, balancing, awareness of body parts, prepositional language and linking movements.
- 3)**Fundamental Movement Skills** – Ball skills, Fitness, Multi-skills including games and friendly competition.
- 4)**Athletics** – Measuring and improving performance, both individually and collaboratively.