







Physical Education Curriculum

“Exercise not only changes your body, it changes your mind, your attitude and your mood.”

~Anon

Purpose of Study:

 Philosophical	<p>Children will be inspired to succeed and excel in competitive sport and other physically demanding activities. Children will develop an understanding of how to improve in different physical activities and sports as well as evaluating and recognising their own successes and the successes of others.</p>
 Practical	<p>Children will be provided with opportunities to become physically confident in a way which supports their health and fitness as well as the development of gross and fine motor skills. They will become increasingly competent and have opportunities to develop their agility, balance, and co-ordination. Children will perform dances and gymnastic routines independently and collaboratively for a range of audiences as well as swimming competently. They will take part in outdoor and adventurous activities facing and overcoming challenges both individually and as part of team.</p>
 Emotional	<p>Children will embed values such as fairness, respect and sportsmanship through opportunities to compete, co-operate and collaborate in sport and other activities. Their resilience will be promoted by engaging in competitive and co-operative physical activities in a range of increasingly challenging situations over sustained periods of time.</p>
 Intellectual	<p>Children will develop the fundamental skills of running, jumping, throwing and catching in isolation and in combination and apply the basic principles of attacking and defending. They will understand the rules of a variety of team and individual sports developing their understanding of how to apply tactics and strategies to be successful.</p>