

PE at Andrews' Endowed

PE Education	Our intent - how does it help our pupils?
<p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> ➤ 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, active lives. 	<p>Our PE provision <u>inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities</u>. We become <u>physically confident in a way which supports their health and fitness</u>. As a school we provide <u>opportunities to compete in activities to help embed our school values of Love, Courage and</u></p>

Implementation

Each child receives 2 hours of curriculum time PE on a weekly basis which is carefully planned and mapped out to ensure a broad and full range of skills and activities.

In sports and games, our pupils will learn how to:

KS1

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

KS2

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming:

Our Year 4 pupils attend swimming lessons at the local Sports Centre. During these lessons, the children learn how to:

- ❖ swim competently, confidently and proficiently over a distance of at least 25 metres
- ❖ use a range of strokes effectively
- ❖ perform safe self-rescue in different water-based situations.



LOVE COURAGE RESPECT

