

Physical Education



Intent statement—

P.E will provide children with an introduction to core, fundamental movement skills that will provide the building blocks for all sporting movements. P.E will consistently be taught in a manner that allows children to develop a positive attitude for P.E. Children will be introduced to working in teams and will begin to acquire social and teamwork skills that will aid the personal development of each child.

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.

Swimming:

Learn and use a range of strokes over a short distance

Children will build upon the skills they have learnt in Key Stage 1 and apply them into more challenging scenarios and games. P.E will continue to be taught in a manner that allows children to develop a positive attitude for P.E. Children will demonstrate sound fundamental skills, with particular focus on multi-limb co-ordination. P.E will allow children to acquire teamwork skills that will stand them in good stead for the adult world and where appropriate, will officiate certain games in lessons.



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:

Swim competently, confidently and proficiently over a distance of at least 25 metres

Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

Perform safe self-rescue in different water-based situations.