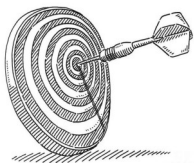


Subject on a Page

PE

At SJA the intent of teaching within physical education will provide a wide range of opportunities and tools to lead an all round healthy lifestyle. Our curriculum provides both a breath and depth of skills needed to become a well informed active learner. Children are exposed to both success and failure through individual and team based physical education lessons and inter school competitions. Fair play and sporting behaviour is actively encouraged by all adults to help develop the children's understanding of fair play and equality.



Intent—We aim to...

Provide opportunities to access a range of different physical activities.

Help children to discover physically active and sporting interests.

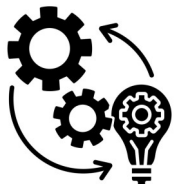
Teach children what it means to evaluate and analyse.

For children to take part in competitive sport within school and outside school.

Our curriculum provides both a breath and depth of skills

To learn a range of physical movements and sporting techniques.

Fair play and sporting behaviour is actively encouraged



Implementation—How do we achieve our aims?

Healthy Lifestyle

In all year groups children will be taught how to lead a healthy lifestyle and the importance of this. They will be empowered with the knowledge to enable them to make sensible choices which will encourage a positive state of complete physical, mental and social well-being. This will include units of work on a balanced diet, being active, well being and healthy choices.

Teamwork and Fair play

Fair play is a concept that stands for a number of fundamental values that are important in PE. First and foremost, it's about abiding by the rules of the competition or the task given. Fair play is also a commitment to take part in good spirit and with a good attitude, which includes: Respect, modesty, friendship and equality. These concepts will be actively promoted and modelled by all adults in school.

Teamwork is the process of working collaboratively with a group of people in order to achieve a goal. Good examples of teamwork include clear communication (talking and listening), problem solving, critical thinking, group collaboration and leadership.

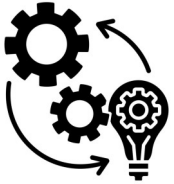
Broad and balance range of skills during physical activity.

At SJA we will teach and provide opportunity to develop competence to excel in a broad range of physical activities. At SJA children will be taught how to these skills in different ways and to link them to develop into well rounded participant. They will develop an understanding of how to improve in different physical activities and sports and learn

Competitive sport

All children will take part in competitive sport throughout the school year through either inter or intra school competitions. SJA will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

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Implementation (continued) - How do we achieve our aims?

Motor Competence

Motor competence can be described as a person's ability to execute a variety of motor actions, including the coordination of fine and gross motor skills. These are necessary to participate in activities in everyday life, including play and physical activity.

Children will be taught the basics of these skills which will be further developed in game like or sporting scenarios across the school year. Motor competence skills include: **Walking, crawling, rolling, jogging, running, hopping, jumping, skipping** (with or without a rope), **static balancing, other well known movements** (star jumps etc.) **dodging,**

Coordination skills

Throwing (over and underarm), **catching, bouncing a ball, striking** (cricket, rounders, tennis), **kicking.**



Impact—How will we know we have achieved our aims?

Children will demonstrate a love for physical activities both in and outside of timetabled PE lessons.

Children can talk confidently on healthy choices they can make to lead a healthy lifestyle.

All children to compete in at least one inter or intra school competition.

Children will be able to articulate what makes good sporting behaviour and a successful team worker.

Children will know and understand the correct techniques for their motor competency skills.

Children will be exposed to a wide variety of physical activity and sports throughout the year giving them a wide range of new opportunity