



Physical Education

Children are given experiences which help them to understand the concepts of health, hygiene and safety; understand the importance of diet, rest, sleep and being active; develop physical control, mobility, awareness of space and a range of manipulative skills.

At KS1, activities build on pupils' enthusiasm and energy for movement and play using indoor and outdoor environments. Pupils are taught the skills associated with moving and playing creatively and safely. They are taught to repeat movements and improve how these look or feel. They are given opportunities to work with a partner, exploring and sharing ideas and helping each other to improve their work.

At KS2, pupils are given opportunities to build on the knowledge, understanding and skills acquired at KS1. Activities increase gradually in range, complexity and physical challenge. Pupils are taught to establish and use skills in a variety of challenging situations. They are taught to persevere for longer at improving and adapting skills, showing that they can sustain activity for increasingly longer periods. They are taught to cope with success and limitations in their own performance, and to appreciate these in others. They are taught increasing control, accuracy, fluency and technical efficiency in the different activities. As their confidence and competence develop, pupils work in groups and small teams, adapting as necessary to the additional demand this increases.

Pupils are taught to develop their knowledge, skills and understanding of physical education through the areas of activity when planning (composing), performing and evaluating (reviewing or appreciating) activity. The greatest emphasis is on performing.