

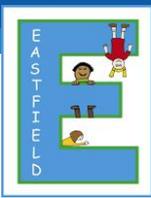
Physical Education at Eastfield Primary School

Intent

Physical education at Eastfield develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes a love for exercise and competition and an understanding of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Moreover, we empower the children to make informed choices about physical activity throughout their lives.

The objectives of teaching PE in our school are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children perform skills, and apply rules and conventions, for different activities;
- to show children how to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success;
- to promote mutual respect through the use of varied groupings and the opportunity to share and celebrate the achievements of others;
- to develop pupil self-esteem through the use of peer assessment, identifying where the skills taught have been applied successfully;



- to develop the children's understanding of how to lead a healthy and active lifestyle

Implementation

PE is delivered as 2 lessons per week, normally one outdoor and one indoor lesson. In KS1, pupils master basic movements; running, jumping, throwing and catching, participate in team games attacking / defending and perform dances. In KS2 pupils develop movements; Run, jump, throw and catch in isolation and in combination. The children play competitive games; attacking / defending; they develop flexibility, strength, technique, control and balance – athletics / gymnastics and perform dances. In Y3 children go swimming each week. Children in Y2 and Y6 complete residential and outdoor activities. Wolverhampton Wanderer's Foundation Team are also part of the school community to promote and support physical activity during lunchtimes and after school clubs.

Impact

Children will have a mentally and physically healthy lifestyle whilst being taught a range of skills across the curriculum to reach age-related expectations. Children will experience a range of sports through their PE lessons, developing confidence to compete against their peers, discussing the emotions related to winning or losing and how to behave in each situation. Children will also gain the social skills needed to work as a team and will be able to self-critique their own performance using the correct vocabulary. KS2 children also have the opportunity to experience new sports through extra-curricular activities after school.

