

Physical Education (PE) Rationale

National Curriculum Aims, Purpose and Expectations for PE

A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for children 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.

Pupils should receive a minimum of 2 hours of discrete PE teaching a week.

PE lessons should:

- Develop competence to excel in a broad range of physical activities
- Children are physically active for sustained periods of time
- Children engage in competitive sports and activities
- Children lead healthy, active lives.

Federation of Skelton Newby Hall and Sharow C of E Primary Schools' PE Rationale

The teaching of PE in our Federation aims to ensure that children leave Year 6 meeting national age-related expectations in PE. The journey to becoming physically literate begins in Early Years through traditional PE lessons alongside a wide range of physical development opportunities in our high quality continuous provision both indoors and outside.

In our Federation, it is understood that to achieve physical literacy, children must develop a broad range of physical skills including balance, strength, coordination and agility, and must be able to apply these in a range of traditional and non-traditional sporting contexts such as team games, individual sports, athletics, gymnastics, dance and swimming and outdoor adventurous activities.

It is also important that children develop a good knowledge of how sport helps to keep them physically and mentally healthy.

On their PE journey, in terms of their physical development, it is important that children:

- Learn how to run, jump, throw and catch accurately and with confidence in a variety of contexts
- Build physical strength, resilience and stamina
- Have opportunities to engage in both competitive and non-competitive sport in which they have the opportunity to apply and develop their physical skills

In terms of their personal development, it is important that they:

- Gain a secure knowledge of the wide-ranging benefits of regular exercise on both physical and emotional health; understand the value of PE in helping to regulate their physical and emotional health
- Develop a passion and enthusiasm for one or more sports or forms of exercise
- Build emotional strength and resilience through experiencing success and failure
- Take on challenge and assessed risk, thereby developing their decision-making skills and building their ability to assess risk for themselves
- Have opportunities to engage in non-competitive sports and challenge themselves to improve on their personal bests

- Learn how to measure and evaluate their own sporting performance and receive constructive feedback from others; recognise their success, achievements and personal bests, and suggest ways to improve
- Gain knowledge and understanding of rules and laws of a range of traditional and non-traditional games and sports; develop a sense of the tactics and skills needed to attack and defend within a variety of traditional and non-traditional games/sports; understand the principles of good sportsmanship

And in terms of their social development, it is important that children acquire a broad range of transferable social skills from PE teaching in our Federation:

- Learn how to work and play alongside others, following and implementing rules and tactics fairly and consistently
- Have opportunities to engage in competitive sports
- Develop transferable leadership and teamwork skills
- Learn to show respect to team mates, competitors, coaches and officials whilst experiencing frustration, ambition, and the emotions associated with winning and losing
- Learn how to measure and evaluate their peers' sporting performance, supportively recognising their successes and achievements and suggesting ways to improve