

Movement

This is the cornerstone of physical education. It includes the fundamental movement knowledge of stability, locomotion and object control, progressing to specialised skills like games, gymnastics and dance. We intend to enable our pupils develop an awareness of how their bodies move and how to control these movements with coordination and control as they grow to enable them to flourish in PE.

Inclusion and Enrichment

We intend that all our pupils are able to benefit from enrichment opportunities in a way that suits them, whether this be through competition, games or skills festivals. We intend that our pupils have an awareness of the range of sports available and develop understanding and appreciation for the challenges some people have faced to be able to access sport.

Sportsmanship

We intend to create a supportive environment that encourages teamwork, respect, fair play and promotes cooperation, turn-taking, and communication. It is our intention that this in turn enables our pupils to develop an awareness and respect of different people's strengths and the ability to encourage and enthuse others.

Physical and Mental Health

Childhood obesity and mental health in young people are known to be factors affecting young people today. Our intent is that we will provide regular, enjoyable physical activity that builds fitness habits and an awareness of healthy lifestyles so our pupils can benefit from this both now and in the future.

Tactics and Strategy

All aspects of physical education involve cognitive challenges, e.g. how to outwit opponents in games, create interesting sequences in gymnastics or work as a team to complete a challenge in outdoor and adventurous activities. Our intent is to enable children to start building the foundational building blocks of this to support them now and within KS3 and beyond.

PE Big Ideas Intent

PE Big Ideas Implementation

Movement

Games
Obstacle Courses
Dance & Rhythm
Animal Movements
gymnastics
Parachute Activities
Ball Skills
Circuit Stations
Yoga & Stretching
Outdoor Exploration

Inclusion and Enrichment

Anglian Learning Sports Alliance (ALSA) and other sporting opportunities (SVC, cluster)
Pupil Leadership opportunities (Y6 ambassadors and leadership within lessons such as warm ups, peer coaching etc)
Enrichment monitoring (ensuring opportunity for all)
Sports person of the month assemblies
Specific celebrations and educational events around inclusion within sport

Sportsmanship

Celebration of sporting attitudes within lessons and competitions
Promote teamwork, respect, fair play, cooperation and communication within PE lessons
Sports Person of the month (link to their attitudes)
Educating on how to win and lose
Olympic Values
Opportunities like Grafham Water

Tactics and Strategy

By introducing simple game plans and decision-making activities during team sports and group games
Activities like small-sided games, role play, and problem-solving tasks allow children to practice and reflect on different strategies. Encouraging discussion and feedback helps them improve their understanding and apply tactics in various situations.

Physical and Mental Health

Daily Mile
OPAL (play and lunch)
60 second activity
Yoga (half termly)
range of clubs (sports and other options)
Curriculum events inc additional enrichment (EG Mental Health week)
ELSA
Educating about the benefits of physical activity within PE lessons
PSHE/ Science and PE curriculum

PE Big Ideas Implementation

Movement

As they participate in various activities like running, jumping, balancing, and throwing, they develop a deeper understanding of how their bodies move. This helps build their agility, balance, and spatial awareness. Regular practice also enhances fine and gross motor skills, making physical tasks easier and more efficient. This will also help prepare for the KS3 curriculum.

Inclusion and Enrichment

As children take on leadership roles, they learn to motivate others, manage tasks, and resolve conflicts. This will build confidence, responsibility, and communication skills and giving children opportunities to lead activities, support peers, and make decisions.

Enrichment enables them to explore a wider range of sports as well as develop resilience and confidence in competitive environments. By understanding inclusion within PE, pupils will develop improved empathy and awareness of those around them.

Sportsmanship

By enhancing students' ability to work cooperatively, communicate effectively, and respect others, children will learn essential social skills like sharing, listening, and supporting their peers. These experiences also teach emotional regulation, helping students handle both success and failure gracefully, within PE and all other disciplines.

Promoting a healthy lifestyles through PE has a lasting positive effect on children. It helps them understand the importance of regular physical activity, balanced nutrition, and overall well-being. By incorporating fitness routines, teaching about healthy habits, and encouraging active play, students develop a lifelong appreciation for staying active and making healthier choices both now and in the future.

Physical and Mental Health

This will help children develop critical thinking, teamwork, and decision-making skills. It encourages them to become more aware of game situations, adapt their actions, and communicate effectively with teammates. This builds confidence, cooperation, and a deeper understanding of sports and physical activities.

Tactics and Strategy