



PE at Queen Eleanor

Sports and games are known to have existed as long as humans have lived in social groups. Quality physical education inspires children to excel in adopt a healthy lifestyle, excel in competitive sport and build character through the work ethic of practice and the teaches the values of fairness and respect.

Physical and athletic skills (Classification and retention)

- Agility
- Balance
- Co-ordination
- Social interaction
- Challenge stereotypes about participation in sports

Working like an athlete (Retention and application)

- Maintain physical health as part of balanced mental health
- Mentally prepare self for physically demanding activities
- Mentally alert to respond to ever-changing situations during a game
- Learn to manage fears by taking calculated risks
- Show patience and self-restraint when faced with losing
- Show generosity when winning

Sequencing content (Retention and connections)

- Developmentally appropriate – sequenced with children’s physical development
- Links with geography curriculum to promote outdoor activities and adventure sports as part of a healthy lifestyle
- Links with biology in Science curriculum

Success for all

- Learning with the brain in mind
- Differentiation for physical needs
- Oracy – explicit teaching of sports terminology and academic vocabulary. sentence structures to scaffold arguments
- Opportunities to refine skills by playing sports at break times
- Co-curricular sports offer a breadth of experiences
- Co-curricular sports targeted as those traditionally under-represented in physical activity

Assessment and progress

- Use PE Hub assessment system
- Retention – recall rules of sports
- Retention – practise individual skills
- Application – playing team and individual sports, both in lessons and at break times
- Sports premium spending analysis shows improvements on targets set from previous year