



Physical Education

INTENT

The intent of our Physical Education curriculum:

Is to develop physical literacy competence and confidence to support children to excel:

- Greater the competence and confidence the greater the chance of sustained physical activity now and as they get older.
- Competent and confident will support engagement in competition
- Competence and confidence with physical literacy will help develop and deepen knowledge.

The design of our curriculum is based on the needs of our children and allowing them to develop, a broad and deep understanding of physical literacy, focusing on core stability, strength & conditioning and a positive mindset.

IMPLEMENTATION	<p>The experiences your children will receive:</p>	<p><u>The physical</u> aspect of our curriculum is based on the fundamental movement skills. Strong foundation in the basic movements will give children the confidence and physical capabilities to access any physical activity and sport. This will help increase the chance of lifelong participation in physical activity and sport as they get older. A focus on core stability and strength & conditioning to aid performance physically and posture and fine/ gross motor skills to support in the classroom (handwriting, sitting posture).</p> <p><u>The psychological</u> focuses on creating a positive mindset. All children will have a positive experience with physical activity and this will improve confidence, resilience and self-belief.</p> <p><u>Social development</u> is an integral part of the curriculum. This will develop collaboration with others to help build respectful relationships and enable children to communicate effectively. Improving children’s team work skills will aid their confidence with conflict resolution and competitive game situations. Children will learn to self-reflect on their performance to improve their individual success and develop knowledge of how to complete a peer evaluation to support others success.</p> <p><u>Cognitive development</u> focuses on the knowledge and understanding of physical activity. The aim is to help children to think, understand and make decisions of specific movement skills required to complete a given task and know why and how they can do it. Children will develop tactical awareness in game situations to aid success.</p> <p>As part of the Schools Sport Partnership, children will have the opportunity to experience and develop competitive sport, physical activity and social skills against and alongside other schools in a variety of settings.</p>
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IMPACT	By the end of their time at Caedmon Primary, we hope our children:	<ul style="list-style-type: none">• understand the benefits of exercise on both physical and mental health.• have improved fitness levels.• have a positive and engaged attitude towards PE / physical activity.• have developed flexibility, strength, technique, control, agility, co-ordination and balance. They have mastered basic movements including; running, jumping, throwing and catching and are able to apply these to a range of sports.• have increased self-esteem through representing the school in competitions and festivals involving other schools.• leave us able to swim 25 metres and able to demonstrate safe self-rescue.
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