



Mastery in Physical Education.

The children will:

- Show evidence of the skills and self-confidence to perform a variety of physical activities.
- Know the implications and value the benefits of leading a physically active lifestyle in and out of school.
- Set personal goals for maintaining health-enhancing physical activity and fitness in and out of school.
- Understand that physical activity provides enjoyment, challenge and social interaction at all ages.
- Understand and respect differences amongst their peers in physical activity settings.
- Utilise appropriate equipment in order to get the best out of their performance.
- Recognize and apply connections of important information and ideas within and among various sporting disciplines.

The teaching will :

Show good subject knowledge within the discipline being addressed

- Differentiate instruction to meet the diverse needs of the class
- Utilise a variety of materials, resources, and assessments appropriate to the age, development, and the teaching/learning process
- Provide varied learning situations such as flexible grouping, cooperative groups, and peer leadership.
- Use appropriate media, instruments/electronic equipment to support and integrate teaching and learning.
- Collaborate with colleagues at all levels to ensure the continuum of learning.

In PE, children learn and build a movement vocabulary and develop an understanding of what a quality action looks like and feels like. They need regular practice to consolidate and refine their movement skills. A single activity may cover various aspects from all three lines of development within PE: movement skills; cooperation and competition; evaluating and appreciating. PE offers a breadth of learning. Some useful examples include:

- Replicating actions/phrases and sequences with accuracy, eg gymnastics
- Exploring and communicating ideas, concepts and emotions, eg dance
- Identifying and solving problems to overcome challenges, eg orienteering
- Outwitting opponents – invasion games; net/wall games; striking and fielding games; combat activities, eg football, badminton, rounders, judo
- Performing at maximum levels in relation to speed, height, distance, strength and accuracy, eg athletics.
- Exercising safely and effectively to improve health and wellbeing, eg fitness activities including circuit training Daily Physical Activities.
- Experiencing a range of roles within physical activity, eg umpire, leader
- Engaging in increasing complex and challenging tasks and activities, eg outdoor or adventurous activities
- Engaging in a broad range of activities that, in combination, develop the whole body
- Performing as an individual, group or part of a team.

Fitness

Children develop physical strength, speed, stamina and flexibility to cope with the demands of different activities. Agility (a combination of speed and flexibility) and power (a combination of speed and strength) should be developed when appropriate for the learner and the activity. These aspects of fitness are necessary for positive health, independent living, and participation in physical activity.

Performance

High quality performance includes a combination of appropriate fitness, technical ability and cognitive functioning, ie the ability to calculate and process information. Children adapt to the demands of the activity by using this information to prioritise actions and make decisions. When correctly applied, the combination of movement and thinking skills leads to a high quality performance

Physical education cooperation and competition

PE offers many opportunities for children to develop these qualities and intrapersonal skills of confidence, self-esteem and resilience as well as interpersonal skills of leadership and working with others. Through communicating, negotiating, taking turns, taking the lead, sharing ideas, sharing equipment and problem solving, children acquire key transferable skills for learning, life and work in an enjoyable, supportive environment.

Physical education evaluating and appreciating

PE is well placed to develop children's skills of listening and talking. They are able to communicate their learning in relevant ways showing a consideration for others, for example demonstrating collaborative working and reflective learning when receiving and giving feedback.