



'Let your light shine' Matthew 5:16

Characteristics: We are Athletes!

PE



At Beckley CE Primary School, we are athletes.

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way, which supports pupil's health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

We have...

- developed physical confidence in a way which supports fitness and health
- developed competence to excel in a broad range of activities
- the ability to remain physically active for a sustained period of time
- the desire to engage in competitive sports and activities to build character and help to embed values such as fairness and respect
- the knowledge to lead healthy and active lives
- understanding of how to communicate, collaborate and compete with one another
- the ability to work both individually and within a team
- understanding of how to improve in different physical activity and sport and learn how to recognise and evaluate our own success
- a keen interest in PE
- a willingness to participate fully in every lesson, highly positive attitudes and the ability to make informed choices about taking part in extra-curricular sport
- the ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

Learning Opportunities in Key Stage 1	Learning Opportunities in Key Stage 2
• Participate in team games, developing simple tactics for attacking and defending. • Perform dances using simple movement patterns.	• Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending. • Take part in gymnastics activities. • Take part in athletics activities. • Perform dances. • Take part in outdoor and adventurous activity challenges both individually and within a team. • Swimming and water safety: take swimming instruction either in Key Stage 2.