

PHYSICAL EDUCATION LEARNING JOURNEY

EARLY YEARS

In Early Years we learn through exploring and experiencing the world around us.



Pupils physical development is interlinked and embedded across the whole curriculum; they are provided with opportunities to become physically confident in a way that supports their health and fitness. Pupils engage in musical activities, following and moving to instructions, Cosmic yoga parachutes, soft play to develop coordination and balance, large play equipment to develop gross motor control and spatial awareness. Pupils experience opportunities to explore foods and fruits, read books and discuss healthy options.

When pupils move into reception they begin to build on their previous knowledge. Skills based learning is introduced, learning the techniques to throw and catch a ball, balance and control, being introduced to basic games to develop their awareness of healthy living.

KEY STAGE 1

As children progress to Year 1 and 2, they build on their previous learning experiences and begin to master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Pupils are encouraged to participate in sporting competitions as a team developing simple tactics for attacking and defending, perform dances using simple movement patterns and have control and coordination when using running, jumping, throwing, and catching in isolation and in combination. External coaches promote alternative sports, provide external links, and promote a wider understanding of the benefits of a healthier lifestyle. Pupils participate in Physical education lessons which are planned around the seasonal sporting calendar and competitions..



LOWER KEY STAGE 2

In the final years at the school pupils utilise their knowledge, understanding and have mastered the skills to further enhance their learning experience. Pupils experience inter school competitions, both locally and at county level. They develop resilience, a sporting attitude, and a positive respect for other competitors.

Pupils train as sports leaders, learning how to plan, create and implement sporting activities for other year groups, Including KS1 a competition, Pupils are taught through a cross curricular approach to understand the advantages of a healthy lifestyle, including the promotion of healthy eating. The implications and impact of hygiene and physical development on a healthy lifestyle.

The development of these skills enables pupils to confidently facilitate learning in others, implement additional learning opportunities, and promote the positives of a healthy lifestyle. Continued on next page...

