



St Luke's CE Primary

Characteristics of Physical Education



Physical Education at St Luke’s is held in high regard and we demonstrate this with the high-quality curriculum that is aimed to inspire all pupils. The pupils are given the opportunities to succeed and excel in competitive sports and other physically demanding activities. Our aim is to provide the pupils with a range of opportunities to develop their skills to become physically confident and support their health and fitness. During their physical journey the children will be given the opportunity to compete in a number of sporting activities and we endeavor to promote respect and fairness.

Our objectives:

Learning Opportunities in the P.E. Curriculum		
Key Stage One	Key Stage Two	Swimming
<ul style="list-style-type: none"> • Develop fundamental movement skills. • Increase competency and confidence. • Given opportunities to extend agility, balance and co-ordination, individually and with others. • Engage in competitive and co-operative physical activities, in a range of challenging situations. • Master basic movements, including running, jumping, throwing and catching. • Develop balance, agility and co-ordination. • Apply skills to a range of activities. • Participate in team games. • Develop simple tactics for attacking and defending. • Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> • Continue to apply and develop a broader range of skills. • Learn how to use skills in different ways and link to actions and sequence movements. • Enjoy communicating, collaborating and competing with each other. • Develop understanding of ways to improve in different physical activities and sports • Evaluate and recognize their own success. • In isolation and combination use, running, jumping, throwing and catching. • Play competitive games and apply basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance. • Perform dances using range of movement patterns. • Participate in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres. • Use range of strokes effectively. • Perform safe self-rescue in different water-based situations.