



# Our Physical Education (PE) Curriculum

“Every winner was once a beginner”

## **Work Together**

The aim of PE is to help every child learn about themselves, about their bodies and ways to become physically active.

The key principles of PE are to encourage children to become aware of their abilities and to adapt and develop them effectively.

Our PE curriculum is adaptive to each individual depending upon their circumstances. Some children may have a competitive goal, whereas others may have more of a personal ambition (e.g. to become more active and confident in their abilities). As a school, the aim is to enable children to reach their full potential and to coach and challenge them effectively.

We love seeing children feeling a sense of accomplishment in PE. Whether that may be something as simple as catching a ball for the first time, or scoring the winning goal for their team. It is all about making the PE fun and inclusive for all.

## **Grow Together**

We want for children to become comfortable and confident in their bodies; to understand what they are capable of and to adapt their skills to a range of different situations. Children should not shy away from physical activity and should feel empowered to enjoy and develop.

PE across Oak Meadow Federation is made to be enjoyable and relative to children's lives. They are provided with quality teaching and learn how to progress and apply themselves.

Subject leaders ensure that all children are receiving quality teaching and having fun whilst learning. Children are stimulated to lead an active lifestyle and be healthy and happy.

Children explore all different areas of physical education. They also learn how to show good sportsmanship and PE helps to create the basis of dynamic and creative intellectual activity.

The skills learnt in PE show progression as you move up the school. Children focus on learning new skills and develop them to apply them into specific sports. (e.g. Learning basic throwing and catching skills which can then be applied in a games situation- like netball or basketball).

## **Flourish Together**

We believe that PE has both intrinsic and extrinsic motivations. We work hard to acknowledge both of these in our everyday teaching and as part of more competitive experiences. Rewards like trophies and also a reward of self-accomplishment.

Progression is evident through the application of skills. But also through the confidence of the children. Fitness is portrayed as fun. Not always competitive, can just be understanding of their bodies and feeling confident in themselves.