



## PE

### At St Alphege



At St Alphege we recognise the importance of character education and soft skills which will equip our children with the ability to socially interact effectively. We believe that physical education teaches children to build upon these skills. Children at St Alphege will learn the importance of teamwork, honesty, determination, respect, self-belief and passion for learning. At St Alphege we are also aware of the physical developmental stages children go through throughout their time with us. Our PE curriculum wraps around these stages to support all aspects of their learning. For example, gross and fine motor control activities and how these link to children's writing.

At St Alphege we also aspire to instil the fundamental social, emotional and mental health building blocks through physical education. We believe that sport and exercise can embed qualities like teamwork, empathy, patience and resilience.

The National Curriculum says:

"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 their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect."



### Early Years

By the end of EYFS children will be able to:

- Experiments with different ways of moving.
- Jumps off an object and lands appropriately.
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- Travels with confidence and skill around, under, over and through balancing and climbing equipment.
- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
- Children show good control and co-ordination in large and small movements.
- They move confidently in a range of ways, safely negotiating space.





## Key Stage 1

By the end of KS1 pupils will learn 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.
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns, following instructions and work collaboratively with others.
- Interpret music to express a mood or feeling in relation to their dance.
- Plan and perform a sequence of movements.
- Recognise their strengths and improve their performance upon feedback.
- Follow rules, instructions and directions.
- An understanding of the importance of warm ups, cool downs, breathing and the physical and mental effects of physical activity.

