



Subject Vision: PE

“Physical educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing.”

James MacAllister

What do we love about our subject?

- PE and sport both in and out of school provides inspiration for children to realise their full potential and develop lifelong interests in participating in physical activity and sport, no matter their innate ability in PE.
- The subject encourages all to be active for sustained periods of time at a level appropriate for their own abilities. In this subject we can encourage and educate about leading healthy, active lives.
- PE also has the potential to contribute to much wider areas of learning in terms of developing the whole child, the development of physical, social, creative, personal and cognitive skills.

How do we want our pupils to talk about our subject?

At All Saints we want children to:

- talk about PE, sports and healthy lifestyles knowledgeably and enthusiastically.
- enjoy the challenges of physical activity knowing the benefits of it .
- learn about their bodies, evaluate and assess their performances and learn how to make changes to outcomes.
- Share ideas with classmates and make suggestion to improve each other’s performance.
- Realise that whilst competition is important, the values of fairness an respect are vital.
- Know that all can succeed.

What are some of the big ideas in our subject? (NC Aims & school aims?)

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives
- 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
- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

What are some of the things we would love to teach in this subject?

At All Saints we would love to be able to offer a wider range of extra-curricular sporting activities.

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| <ul style="list-style-type: none">• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]• perform dances using a range of movement patterns• take part 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 | |
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