

Physical Education at Shaw

At Shaw, we believe that School Sport and Physical Education have a vital role to play in the physical, social, emotional and intellectual development of children. Physical education and sport are important in giving children the knowledge, understanding and the tools to make a positive impact on their own health and well-being. During play, lunchtimes, PE and between lessons, children are encouraged to exercise and make this part of their daily routine. We are very fortunate to have amazing school grounds, with plenty of space for our children to thrive. Through PE, pupils will have the opportunity to take part in a range of sports and physical activities, carried out in a safe and supportive environment, where effort and hard-work, as well as success, is celebrated.



WHAT do we teach?

Our curriculum is structured to ensure a range of competitive team and individual sports are experienced. Children are able to explore and discover which type of physical exercise best suits them.

Key Stage One children experience a variety of **Fundamental Movement Skills**, which focus on Agility, Balance, Coordination and Fitness. This is taught through **Gymnastics, Dance, Fitness, Games and Athletics**. At Year 2, Pupils are taken to the local swimming pool for **structured swimming lessons**.

Lessons for **Key Stage Two** children focus on developing these **fundamental skills** and applying them to **competitive sports**. They learn to **Respect** one another, **play fairly** and development **team spirit**. They learn to deal with **success** as well as recognise **areas for improvement**. Children learn the **rules** of a variety of sports, which are enforced during PE lessons and when representing the school in **matches** and **tournaments**. Children at Key Stage Two also practise **Athletic** activities, which allow them to focus upon achieving their **personal best**, through **analysing** their own performances and recognising **how they can improve**. Children are taught **dance** moves from different **genres** and learn how to apply these to create **dance routines** within small groups. **Fitness** and **healthy living** is interwoven throughout the PE curriculum. **Fitness** is also taught as a discrete focus, thus providing pupils with ideas for continuing exercises beyond the school day. At Year 5, any children who are able to swim confidently are taken for **top-up swimming lessons**.

What are our end-points? What knowledge, skills and understanding do we want children to have on leaving Shaw School?

- The willingness to practice skills in a wide range of different activities and situation, alone, in small groups and in teams.
- To apply these skills in chosen activities to achieve high levels of performance.
- To be physically fit
- To have a healthy lifestyle – remaining physically active for sustained periods of time understanding the importance of this in promoting long-term health and well-being.
- The ability to take the initiative, becoming excellent young leaders, organising and officiating and evaluating what needs to be done to improve. Motivating and instilling good sporting attitudes in others.
- Good levels of originality, imagination and creativity in techniques, tactics and choreography.
- Knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need for guidance and support.
- A passion for PE and a willingness to participate.