

Physical Education

'Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong' – John F Kennedy



<p style="text-align: center;">What do we love about our subject?</p> <p>PE allows children to experience a multitude of games and skills in which they can develop over time or apply to other aspects of life. They may come across a new sport that could potentially shape their future and life.</p> <p>Children are able to take risks in PE and push both their minds and bodies to find its capabilities.</p> <p>PE teaches children about patience, turn taking and resilience but most of all working cohesively. All of these skills are needed throughout life across many settings.</p> <p>Children at our school love to succeed and we enjoy teaching them about the importance of progress and the elements that come with both success and failure in competitive sport and these can be used as motivation for further progression.</p> <p>If PE wasn't at the heart of our curriculum, children would miss out on physical health benefits, mental health development and the pure enjoyment of being active with their friends. It can develop children's hunger for success but equally it can provide an outlet for children to express themselves.</p>	<p style="text-align: center;">How do we want pupils to talk about our subject?</p> <p>We want pupils to talk about PE with enhanced enthusiasm and a smile on their faces. We also want them to be able to recognise that they can learn a range of skills and concepts in FS and KS1 and develop these and apply them across all sports. We also want them to talk about the opportunities they have to apply these skills in competitions both in school and out school and experience success.</p> <p>It is essential that children enjoy physical activity because through life, it has endless benefits both for their body and their mind. Both of these are vital to living a healthy and happy life.</p> <p>We would like children to be able to talk confidently about what their body can do in terms of stretching, moving, twisting and much more. We would also like them to be able to recognise and select which skill they should use in a range of situations and games to ensure maximum output. Eventually, it would be the goal for children to look analytically at sport and begin to analyse tactics and strategies to gain the best from their performance.</p>
<p style="text-align: center;">What are some of the big ideas in our subject?</p> <p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> • To develop competence to excel in a broad range of physical activities • To ensure they are physically active for sustained periods of time • To engage in competitive sports and activities • To lead healthy, active lives. <p>Ultimately the aim of PE is for children to learn, as early as possible, the fine and gross motor skills and develop these through the years to apply to a range of sports.</p>	<p style="text-align: center;">How is our subject taught and organised so learning is retained in the long-term memory?</p> <p>It is fundamental that PE is taught for at least 2 hours a week but also that it is embedded into other subjects.</p> <p>All staff make elements of each lesson 'active'. This can be short bursts or longer periods but it allows for PE not to become isolated to the 2 planned hours a week.</p> <p>Progression maps for PE show that FS and early KS1 focus heavily on exposure to fundamental motor skills across a range of contexts. Later in KS1 and early KS2, children are given more opportunities to apply these skills to a variety of sports and begin to take part in competition. Moving further into KS2, children can consolidate these skills, finely tune them and begin to think tactically and strategically ready for KS3.</p>
<p style="text-align: center;">How do we enrich our subject?</p> <p>At Fairfield we collaborate closely with outside clubs including Leicester Tigers and Leicestershire County Cricket clubs. This enables children to have quality first coaching, use the best equipment and visit professional venues.</p> <p>We also have exciting cross-curricular PE schemes such as 'Rugby Readers' which allows reluctant readers to engage with new PE themed books, visit the Tigers rugby ground and even meet an author.</p> <p>We also offer exciting clubs and taster sessions for sports such as Judo and cheerleading which aren't on the curriculum.</p> <p>We offer a whole school competitive sports day and attend all local competitions both at a borough and sometimes county level. We also attend events at the local stadium for athletics.</p>	<p style="text-align: center;">What do we want pupils to leave Fairfield being able to do?</p> <p>Our ultimate aim for PE is for children to be physically competent, to be confident to tackle new situations and to want to experience physical situations of their own accord.</p> <p>We want children to be passionate about being active and to be forthcoming in taking part both in school and in their own time.</p> <p>Children who enjoy PE and sport will become resilient, respectful, happy and successful beings as these characteristics are built up over time due to exposure of different sporting situations and are absolutely essential in life for work and beyond.</p>