

Characteristics: We are Athletes!

PE



At Orchard Primary School, we are athletes.

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

We have...

- developed physical confidence in a way which supports fitness and health
- developed competence to excel in a broad range of activities
- the ability to remain physically active for a sustained period of time
- the desire to engage in competitive sports and activities to build character and help to embed values such as fairness and respect
- the knowledge to lead healthy and active lives
- understanding of how to communicate, collaborate and compete with one another
- the ability to work both individually and within a team
- understanding of how to improve in different physical activity and sport and learn how to recognise and evaluate our own success
- a keen interest in PE
- a willingness to participate fully in every lesson, highly positive attitudes and the ability to make informed choices about taking part in extra-curricular sport
- the ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

Learning Opportunities in Key Stage 1	Learning Opportunities in Key Stage 2
<ul style="list-style-type: none">• Participate in team games, developing simple tactics for attacking and defending.• Perform dances using simple movement patterns.• Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.	<ul style="list-style-type: none">• Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.• Take part in gymnastics activities.• Take part in athletics activities.• Perform dances.• Take part in outdoor and adventurous activity challenges both individually and within a team.• Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.