

St Annes Stanley Physical Education Objectives

EYFS

At the end of Early Years children are expected to demonstrate good balance, coordination and agility in our PE lessons. They should be well motivated and have good awareness of space and others. Children should be able to can express themselves creatively in dance and gym, showing an ability to link movements. They should be confident performers and enjoy the opportunity to play or perform as part of a group.

KS1

By the end of Key Stage 1 children should be quick agile and well balanced and have good hand/eye coordination. They should participate keenly in small team games, demonstrating a wide range of skills and have the ability to both attack and defend. The children should enjoy dance lessons and be able to repeat simple movement patterns and suggest their own ideas whilst working well with others to perform. In Gym they should enjoy floor and apparatus work and should be able to perform a sequence of moves with control.

Thinking

- Decision maker
- Analytical-deep understanding
- Confident
- Creative

Doing

- Physically competent
- Grow and develop
- Physically active
- Competitive

Behavioural Change

- Involved and engaged
- Grow socially and emotionally
- Build character and values
- Lead a healthy active lifestyle

Year 3/4

By the end of lower Key Stage 2 the children should be quick, agile and determined. They should have good balance, and hand/eye coordination and excellent anticipation. The children should be able to demonstrate leadership qualities and enjoy communicating, collaborating and competing with others. As well as being physically adept the children should be able to evaluate their own work and that of others, increasingly analytically. Children should have enjoyed participating in a range of extra-curricular and have represented the school in an inter school competition.

Thinking

- Able to make simple decisions and be aware of what they need to do to improve
- Be creative when using and developing skills and tactics in simple sequences and activities

Doing

- Develop fundamental movement skills
- Become increasingly competent & confident & access a broad range of opportunities
- Extend agility, balance & coordination, individually & with others
- Engage in competitive (against self & others) and cooperative physical activities in a range of increasingly challenging situations

Behavioural Change

- Able to engage in competitive (against self & others) & cooperative physical activities in a range of increasingly challenging situations
- Keen to participate in activities and clubs both in school and in the wider community

Year 5/6

By the end over Key Stage 2 the children should be excellent sportsman/woman, quick, agile and determined. They should have very good balance, and hand/eye coordination and excellent anticipation. The children should be increasingly able to find space in team games; to attack in a variety of ways and to defend intelligently. The children should demonstrate leadership qualities and enjoy communicating, collaborating and competing with others. As well as being an excellent performer

they are able to evaluate their own work and that of others, increasingly analytically. The children should have enjoyed participating in a range of extra- curricular clubs this year and has represented the school a number of inter schools competitions.

Thinking

- Learn how to use a broad range of skills in different ways and to link them to make actions and sequences of movement
- Should develop an understanding of how to improve in different physical activities and sports
- Learn how to evaluate and recognise their own success

Doing

- Should continue to apply and develop a broader range of skills
- Develop flexibility, strength, technique, control and balance

Behavioural Change

- Should enjoy communicating, collaborating and competing with each other
- Keen to continue participating in activities and clubs both in school and in the wider community

Swimming and water safety

Our school is committed to provide swimming instruction in both key stage 1 and key stage 2.

Pupils will be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations