

Morton Primary School
Physical education
March 2015

Physical Education is a vital part of our curriculum offer to all pupils who attend the school from Reception to Year 6. This statement enables parents, carers and relatives to explore our program of activities, look at our key outcomes and support each pupil by conversing about the principles and concepts and by practicing various skills.

All pupils will change into appropriate kit suitable for the activity and environmental conditions for all Physical Education (PE) lessons. They will be physically active for the majority of the lessons and will learn to play, compose, work with others co-operatively, and compete.

They will gain experience of exercise and an understanding of how physical fitness is achieved and how it contributes to becoming healthy.

Pupils will experience different forms of competition – individual, pairs and teams, in different competitions – simple games, ladders, tournaments, leagues etc., at different levels – in lessons, intra-mural, inter-school, cluster and higher when successful.

Participation in PE lessons will develop and understanding and appropriate performance in the following four areas:

Agility
Balance
Co-ordination
Perception

To achieve this pupils will participate and complete in the following types of activities:

Invasion games
Over the net games
Gymnastics & Dance
Target Activities
Athletics – track and field and cross country
Swimming (25m+)

At age appropriate stages they will learn, adapt and apply the following skills:

Running – sprinting, pacing, turning, stopping
Throwing – in different games and specific skills e.g. athletics.
Jumping – distance, height, precision and games play
Catching – games play and to develop timing.
Timing – essential quality to perform efficiently in all sports.

Children will also develop generic qualities such as communication skills, ability to work with others in a co-operative and/or competitive manner. They will understand what fairness is why it is important.

All youngsters will learn how to warm-up physically and psychologically and will begin to understand the link between physical fitness and health.