



Physical Education

The National curriculum states that;

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

Good quality PE sessions focus on increasing physical competence, health related fitness, self-responsibility and enjoyment physical activity for all students so that they can be physically active for a lifetime.

A teacher needs to:

- Effectively organise space, equipment and students.
- Follow the curriculum plan provided to cover all aspects of physical education.
- Provide adequate equipment that allows all children to be active at the same time.
- Limit teacher talk and instructions. They should be short and straight to the point.
- Plan practice opportunities that are structured for maximum participation.
- Structure the class so that learning occurs while pupils are physically being active.
- Show what 'good' looks like through clear modelling.
- Allow the pupils to experience, explore and learn for themselves.
- Activities should be differentiated to meet the needs of all pupils.
- Promote the importance of exercise and explain the effects it has on our bodies.