



PE



What are we learning to do?

We are learning a number of skills in PE. Starting at the lower end of the school, we will be learning how to control our body and form a basic understanding of the different ways we can move, jump, roll and turn with the aid of music. As you go up the school, PE teaches you how fine motor skills. (Throwing, catching, jumping, running, balance, flexibility etc.) Also how you can use these skills in a game situation. Life-skills such as teamwork, communication, resilience and exploration are all learnt and mastered.

What skills are we learning to use?

Aside from the skills discussed in the first box, PE also teaches vital skills that are fundamental for our development in the outside world. Learning how to work as team, helping our fellow team mate if they aren't playing well, fair play, discipline, healthy-living, tactics and adapting my own game to different situation are all taught without us even realising. All these skills are transferable to any job in the modern day.

What if I need extra support?

If I need extra support, my teacher is always there to assist me. They can model, demonstrate and explain what I need to do in a different way so I can understand. There are clubs after school where I can further enhance my skills and get even more exposure to the activity.

When do we learn?

PE is taught at least twice a week, with the minimum expectation of 2 hours per child, per week. The location is totally up to the class teacher! The lesson could take place in the sports hall, field, playground or any space where there is enough room to achieve the learning intention!

What is there in class to help me?

Due to the nature of PE, there will be limited resources in the classroom to help – however there are a number of skills that can be transferable. School Values remind us what we need to be when participating in a PE lesson.

How do we learn?

We learn through a number of different ways. If we are learning a skill, the teacher may allow us to explore first individually to see if we can work together with our peers to achieve the correct movement, skill or technique. We always have the teacher to model how it should look should be find it challenging.

We will also learn through play, work in individual scenarios and as a team. This is where we will need to analyse the teams/our own performance and come up with solutions if we are not being successful.

How does my teacher check my progress?

My teacher checks my progress against the national curriculum and makes a judgement on my progress every 2 terms. If I have a special talent, then my teacher will communicate this to the PE coordinator, who will then suggest ways to develop and accelerate my development.

What can we do at home to help?

If your child has an interest in a club/sport/activity, see if there is a club they could join to further their development. Taking your child into the garden, or to the park and throwing (or kicking/catching) a ball lets them practice and enjoy the skills they have learnt at school (and gets them outside!)