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| ***Starting the pathway to sport, being active and leading a healthy life*** |

**PE CONSTRUCT**

**Aims and Objectives**

The curriculum for physical education at Dowson aims to ensure that all children:

* develop competence to excel in a broad range of physical activities
* are physically active for sustained periods of time
* engage in competitive sports and activities
* lead healthy, active lives

At Dowson we recognise the role that PE has to play in promoting a long term healthy lifestyle which is both enjoyable and fulfilling. We aim to provide a high-quality physical education curriculum that inspires all of our children to succeed and excel in participating in sport. Parallel to this, is the opportunity to represent the academy in competitive sport. Through our physical education culture we will enhance academic achievement, as well as the health and well-being of our pupils and by doing so, directly impact improved progress in reading, writing and maths.

**What PE looks like at Dowson**

Bespoke PE lessons are delivered throughout all key stages by our sports coach employed by Active Tameside. Alongside this further curriculum lessons may be delivered by the class teacher. During the course of the year other outside agencies may visit school to teach specific sporting or health and active programmes.

In FSU and lower school children are taught to:

* master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
* participate in team games, developing simple tactics for attacking and defending
* play competitive sports, modified where appropriate
* perform dances using simple movement patterns

In upper school, the children are taught to:

* use running, jumping, throwing and catching in isolation and in combination
* play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
* develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
* perform dances using a range of movement patterns
* take part in outdoor and adventurous activity challenges both individually and within a team
* compare their performances with previous ones and demonstrate improvement to achieve their personal best
* the effect of PE on their body and how this contributes to a healthy lifestyle
* to understand the balance between being competitive and respectful to each other
* swimming lessons are provided at Active Tameside facilities

In addition to the curriculum provision we offer a large range of extra curriculum sporting opportunities. These run both at dinnertime and after school and include the opportunity to represent the academy in competitive events.

**Vision for Pupils**

In FSU and lower school, children will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

In upper school, children will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.