

PE at Grove Academy



Intent

At Grove Academy, we recognise the importance of Physical Education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development. Physical Education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. Physical Education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes attitudes towards a healthy lifestyle. Thus enabling them to make informed choices about physical activity throughout their lives. We aim, regardless of, gender, ability or background, for children to develop skills that are transferable to – or contextualised within other curriculum areas. Varied opportunities will provide enjoyment for all and will in turn develop paths for their future.

Implementation

Acquiring and Developing Skills

Pupils will learn to apply and develop a range of skills to enable them to become successful games players, dancers, gymnasts and athletes. Their experiences will also be enriched through opportunities for outdoor and adventurous activities.

Evaluating and improving

Pupils will learn how to compare and comment on skills, techniques and ideas that they and others have used. They will be taught how to use their observations to improve their work and performances.

Health

Pupils will learn the importance of physical activity on their health and be taught to make healthy life choices which will lead to living a healthy and active life.

PE is taught for 2 hours per week

Dance

pupils will compose their own dances in a creative, controlled and imaginative way. They will perform to an accompaniment, expressively and sensitively.

Impact

Pupils will acquire and develop skills and perform with increasing physical awareness. They will have the ability to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking. They will set targets for themselves and compete against others. They will understand what it takes to persevere, succeed and acknowledge others' success. They will take the initiative, lead activities and focus on improving performances. They will have the competence to excel in a broad range of physical activities. They will lead healthy and active lives and make positive life choices. They have developed positive attitudes to participation in physical activity and embed values such as fairness and respect.