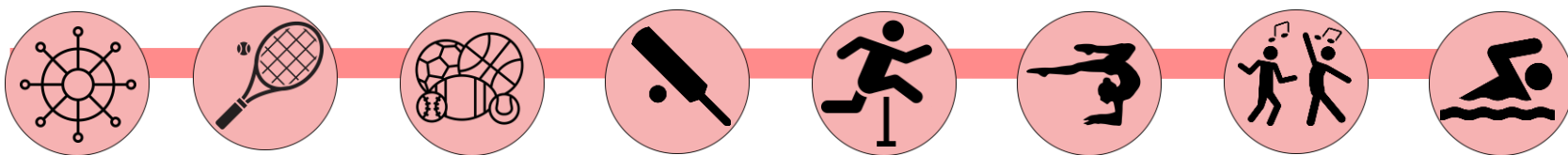
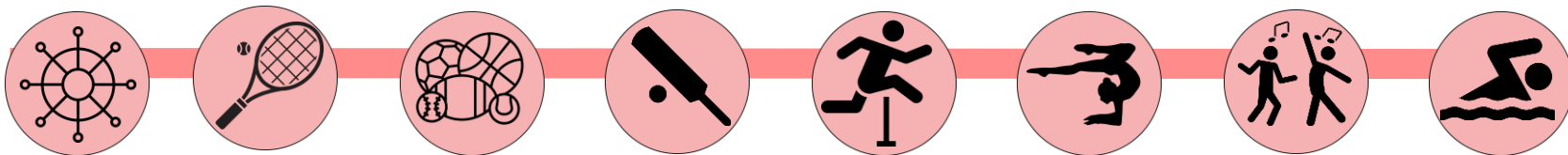


In PE children learn to work together respectfully, regardless of their background or beliefs. They listen and respect other ideas while avoiding imposition of their own. Pupils are taught about age-appropriate rules, fairness and respect, through a variety of PE activities and will understand the importance of good sportsmanship. This includes PE lessons within school and when we are taking part in community events. Promoting freedom of faith and beliefs in PE develops diversity appreciation and collaboration towards common goals

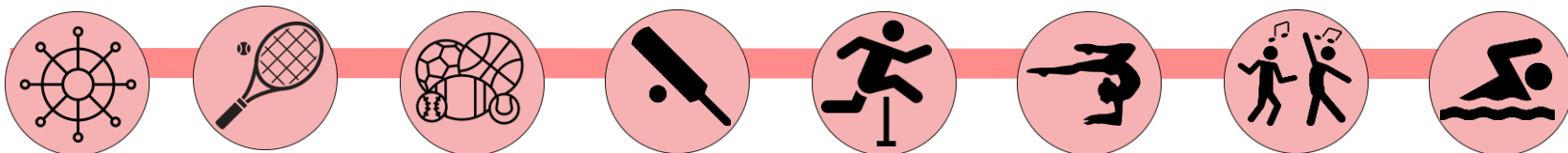
Democracy	The Rule of Law	Individual Liberty	Respect and Tolerance
<p>We provide opportunities for students to practise democratic values such as teamwork, cooperation, and respect for diversity. In this way, PE will help prepare children to become active and engaged members of society who are committed to upholding its values.</p> <p>Pupils are taught about the need for different roles and different responsibilities, including teamwork and decision making when taking part in group activities.</p> <p>At Waterside we encourage all pupils to voice their opinions, wants and needs in regard to PE, weather this be themselves or through their sport leaders.</p>	<p>In PE, we teach rules are important to create a fair and consistent environment where everyone is accountable for their actions. Children are taught about age-appropriate rules, fairness and respect, through a variety of PE activities. This includes the ability to respect and understand ‘winning’ and ‘losing’ and being able to show good sportsmanship and positivity to others when working in teams. Competition against oneself is encouraged in addition to competition against others.</p>	<p>At Waterside students learn about their own rights and the rights of others, such as the right to physical safety and respect. By respecting these rights, students gain a greater appreciation for individual liberty and learn about responsible decision-making and their impact on themselves and others. In various units they will have opportunity to work independently, in pairs and within whole groups and therefore apply these views for themselves and others. For example, in most units' children are required to create sequences and performances, where they will need to listen and understand other views, express their own and respect these.</p>	<p>Students learn to work together respectfully, regardless of differences. They also learn to value and respect others' abilities and achievements, creating a sense of community. Promoting mutual respect in physical education fosters collaboration towards shared goals, creating an inclusive school culture. Physical education is a valuable tool for promoting mutual respect and community among students. At Waterside we take part in multiple pout of school events where children express them</p>



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	First PE - FoM	Yoga	Gymnastics	Forest School	Fitness	Yoga	Multi Skills
	Children are beginning their PE journey and learn how to show respect and tolerance of others. They will learn fundamental movements alongside friends and support others.	Children will begin their 'yoga' journey and explore their bodies further to understand their abilities. Individual Liberty will be expressed through exploring their self emotionally/socially and physically through simple breathing techniques and poses. Children continue to respect others and follow rules for safety of themselves and others. They will take part in group work understanding the need for safety and rules.	Children will follow certain rules and understand the consequences of these being broken or misused. They will work within teams to complete sequences and respect the choices of others as well as expressing their own ideas. They will explore their bodies abilities and be able to express themselves through movements/music.	Children will understand the need and importance of rules and ensuring these are followed for our safety. Children will discuss and create their own rules when working within teams, learning the role of leadership and responsibilities. Children will explore the natural environment and find ways to express themselves through nature, respecting the ideas, beliefs and traditions of others past and present.	In this unit pupils will challenge their abilities and learn about their bodies. They will learn how to express themselves physically and build up tolerance within exercises. As well as themselves they will understand how to support and respect other children's abilities. As they create sequences and work together children will show good sportsmanship, leadership and positive attitude towards.	Children will begin their 'yoga' journey and explore their bodies further to understand their abilities. Individual Liberty will be expressed through exploring their self emotionally/socially and physically through simple breathing techniques and poses. Children continue to respect others and follow rules for safety of themselves and others. They will take part in group work understanding the need for safety and rules.	Children will develop their skills and use these when working in teams. They will apply 'The rule of Law' within games and show respect and tolerance towards the rules and safety of the game. Children will explore leadership, sports etiquette. and showing general respect to others.
British Values	Democracy, Rule of Law, Respect and Tolerance, Individual Liberty						
Autumn 2	FMS	Gymnastics	Yoga	Fitness	Forest School	Gymnastics	OAA
	Children will continue to show respect when taking part in games for themselves and others. They will begin to learn 'the rule of law' as they take part in activities that include being 'fair' and showing 'equality' to others.	Children will follow certain rules and understand the consequences of these being broken or misused. They will work within teams to complete sequences and respect the choices of others as well as expressing their own ideas. They will explore their bodies abilities and be able to express themselves through movements/music.	Children will begin their 'yoga' journey and explore their bodies further to understand their abilities. Individual Liberty will be expressed through exploring their self emotionally/socially and physically through simple breathing techniques and poses. Children continue to respect others and follow rules for safety of themselves and others. They will take part in group work understanding the need for safety and rules.	In this unit pupils will challenge their abilities and learn about their bodies. They will learn how to express themselves physically and build up tolerance within exercises. As well as themselves they will understand how to support and respect other children's abilities. As they create sequences and work together children will show good sportsmanship, leadership and positive attitude towards.	Children will understand the need and importance of rules and ensuring these are followed for our safety. Children will discuss and create their own rules when working within teams, learning the role of leadership and responsibilities. Children will explore the natural environment and find ways to express themselves through nature, respecting the ideas, beliefs and traditions of others past and present.	Children will follow certain rules and understand the consequences of these being broken or misused. They will work within teams to complete sequences and respect the choices of others as well as expressing their own ideas. They will explore their bodies abilities and be able to express themselves through movements/music.	In this unit children will be working as a team, following and leading activities. Children will show respect and effective communication when talking and listening to peers. Children will revisit the importance of leaders and taking responsibility for their actions and what the consequences may be for not being safe.
British Values	Democracy, Rule of Law, Respect and Tolerance, Individual Liberty						



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 1	Gymnastics	Multi Skills	Forest School	Yoga	OAA	Fitness	Gymnastics
	Children will become familiar with individual liberty as they learn about personal space, development and all about our bodies. Through the term children will work with others showing respect, tolerance.	Children will develop their skills and use these when working in teams. They will apply 'The rule of Law' within games and show respect and tolerance towards the rules and safety of the game. Children will explore leadership, sports etiquette. and showing general respect to others.	Children will understand the need and importance of rules and ensuring these are followed for our safety. Children will discuss and create their own rules when working within teams, learning the role of leadership and responsibilities. Children will explore the natural environment and find ways to express themselves through nature, respecting the ideas, beliefs and traditions of others past and present.	Children will begin their 'yoga' journey and explore their bodies further to understand their abilities. Individual Liberty will be expressed through exploring their self emotionally/socially and physically through simple breathing techniques and poses. Children continue to respect others and follow rules for safety of themselves and others. They will take part in group work understanding the need for safety and rules.	In this unit children will be working as a team, following and leading activities. Children will show respect and effective communication when talking and listening to peers. Children will revisit the importance of leaders and taking responsibility for their actions and what the consequences may be for not being safe.	In this unit pupils will challenge their abilities and learn about their bodies. They will learn how to express themselves physically and build up tolerance within exercises. As well as themselves they will understand how to support and respect other children's abilities. As they create sequences and work together children will show good sportsmanship, leadership and positive attitude towards.	Children will follow certain rules and understand the consequences of these being broken or misused. They will work within teams to complete sequences and respect the choices of others as well as expressing their own ideas. They will explore their bodies abilities and be able to express themselves through movements/music.
British Values	Democracy, Rule of Law, Respect and Tolerance, Individual Liberty						
Spring 2	Ball Skills	Fitness	Fitness	Gymnastics	Multi Skills	Forest School	Yoga
	Children will have learnt about rules and safety through PE and in this unit they will continue in depth – showing respect and tolerance to others. They will work within pairs/teams and start to understand the importance of listening, following and leading within groups.	In this unit pupils will challenge their abilities and learn about their bodies. They will learn how to express themselves physically and build up tolerance within exercises. As well as themselves they will understand how to support and respect other children's abilities. As they create sequences and work together children will show good sportsmanship, leadership and positive attitude towards.	In this unit pupils will challenge their abilities and learn about their bodies. They will learn how to express themselves physically and build up tolerance within exercises. As well as themselves they will understand how to support and respect other children's abilities. As they create sequences and work together children will show good sportsmanship, leadership and positive attitude towards.	Children will follow certain rules and understand the consequences of these being broken or misused. They will work within teams to complete sequences and respect the choices of others as well as expressing their own ideas. They will explore their bodies abilities and be able to express themselves through movements/music.	Children will develop their skills and use these when working in teams. They will apply 'The rule of Law' within games and show respect and tolerance towards the rules and safety of the game. Children will explore leadership, sports etiquette. and showing general respect to others.	Children will understand the need and importance of rules and ensuring these are followed for our safety. Children will discuss and create their own rules when working within teams, learning the role of leadership and responsibilities. Children will explore the natural environment and find ways to express themselves through nature, respecting the ideas, beliefs and traditions of others past and present.	Children will begin their 'yoga' journey and explore their bodies further to understand their abilities. Individual Liberty will be expressed through exploring their self emotionally/socially and physically through simple breathing techniques and poses. Children continue to respect others and follow rules for safety of themselves and others. They will take part in group work understanding the need for safety and rules.
British Values	Democracy, Rule of Law, Respect and Tolerance, Individual Liberty						



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 1	Multi Skills/Team Games	Forest School	Multi Skills	OAA	Yoga	OAA	Fitness
	Children will take part in team games and understand the importance of 'rules' and ensuring we all follow these safely. They will respect adaptive learning for pupils who need it and work with friends to support each other. Democracy will be developed as they look at 'team leaders'.	Children will understand the need and importance of rules and ensuring these are followed for our safety. Children will discuss and create their own rules when working within teams, learning the role of leadership and responsibilities. Children will explore the natural environment and find ways to express themselves through nature, respecting the ideas, beliefs and traditions of others past and present.	Children will develop their skills and use these when working in teams. They will apply 'The rule of Law' within games and show respect and tolerance towards the rules and safety of the game. Children will explore leadership, sports etiquette. and showing general respect to others.	In this unit children will be working as a team, following and leading activities. Children will show respect and effective communication when talking and listening to peers. Children will revisit the importance of leaders and taking responsibility for their actions and what the consequences may be for not being safe.	Children will begin their 'yoga' journey and explore their bodies further to understand their abilities. Individual Liberty will be expressed through exploring their self emotionally/socially and physically through simple breathing techniques and poses. Children continue to respect others and follow rules for safety of themselves and others. They will take part in group work understanding the need for safety and rules.	In this unit children will be working as a team, following and leading activities. Children will show respect and effective communication when talking and listening to peers. Children will revisit the importance of leaders and taking responsibility for their actions and what the consequences may be for not being safe.	In this unit pupils will challenge their abilities and learn about their bodies. They will learn how to express themselves physically and build up tolerance within exercises. As well as themselves they will understand how to support and respect other children's abilities. As they create sequences and work together children will show good sportsmanship, leadership and positive attitude towards.
British Values	Democracy, Rule of Law, Respect and Tolerance, Individual Liberty						
Summer 2	Athletic Movements	OAA	OAA	Multi Skills	Gymnastics	Multi Skills	Forest School
	Children repeatedly revisit and revise the British values through the units and within athletics they will learn about 'sports day, the Olympics and use all of the values within their own sport activities.	In this unit children will be working as a team, following and leading activities. Children will show respect and effective communication when talking and listening to peers. Children will revisit the importance of leaders and taking responsibility for their actions and what the consequences may be for not being safe.	In this unit children will be working as a team, following and leading activities. Children will show respect and effective communication when talking and listening to peers. Children will revisit the importance of leaders and taking responsibility for their actions and what the consequences may be for not being safe.	Children will develop their skills and use these when working in teams. They will apply 'The rule of Law' within games and show respect and tolerance towards the rules and safety of the game. Children will explore leadership, sports etiquette. and showing general respect to others.	Children will follow certain rules and understand the consequences of these being broken or misused. They will work within teams to complete sequences and respect the choices of others as well as expressing their own ideas. They will explore their bodies abilities and be able to express themselves through movements/music.	Children will develop their skills and use these when working in teams. They will apply 'The rule of Law' within games and show respect and tolerance towards the rules and safety of the game. Children will explore leadership, sports etiquette. and showing general respect to others.	Children will understand the need and importance of rules and ensuring these are followed for our safety. Children will discuss and create their own rules when working within teams, learning the role of leadership and responsibilities. Children will explore the natural environment and find ways to express themselves through nature, respecting the ideas, beliefs and traditions of others past and present.
British Values	Democracy, Rule of Law, Respect and Tolerance, Individual Liberty						