



P.E End Points



PE Intent
 I will enjoy exercise
 I will know the benefits of exercise
 has on my body and mind.

INTENT	<p>PE at Holy Family aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in all our children now and for their future beginning in early years through fine, gross, locomotor and manipulation skills and continuing development through key stage one and two. Physical education is an important part of leading a healthier lifestyle and our curriculum ensures all children have the opportunity to have an outstanding experience in PE through teacher led or external led activities on a weekly basis. Our curriculum ensures that their knowledge of motor competence, rules, strategies, tactics, and healthy participation in order to meet the aims of the national curriculum is fully met at the end of each and every unit. Our offer teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved through hard work and application. We deliver high-quality teaching and learning opportunities that inspire all children to improve their skills and apply them to a game situation in every session. We want to teach all children how to independently cooperate and collaborate with others, as part of a team and as a leader, understanding fairness and competitiveness of play to embed life-long values in their lives. We ensure all children reflect on their own, and others', performance and use clear communication within PE lessons. All children are taught the importance exercise has on their physical and mental health which motivates them to exercise beyond their Primary years. Our intent is clear at Holy Family; Physical Education is not for some; it is for everyone.</p>		
PUPILS ARE ENABLED TO...	To be CREATIVE, competitive and to face up to different challenges as individuals and in groups and teams, developing positive attitudes towards healthy lifestyles.		
EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2

<ul style="list-style-type: none"> • Children show good control and co-ordination in large and small movements. • They move confidently in a range of ways, safely negotiating space. • Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. • Children sing songs, make music and dance, and experiment with ways of changing them. • They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories. 	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. • Move with some control and awareness of space. 	<ul style="list-style-type: none"> • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Lead others and act as a respectful team member. • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Swim unaided. • Compete with others and aim to improve personal best performances. • Show an ability to both lead and form part of a team. • Support others 	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. • Compose creative and imaginative dance sequences. • Create complex and well-executed sequences that include a full range of movements including: travelling / balances /swinging /springing / flight • /vaults / inversions /rotations • /bending, stretching and twisting • /gestures / linking skills. • Practice and refine the gymnastic techniques used in performances (listed above). • Swim unaided.

