

# PE at The Meadow



## Intent

At The Meadow Primary, we believe PE should be experienced in a supportive environment to develop and contribute to our pupil's physical and emotional development. Our aim is to provide a curriculum that is not only fun and engaging but also challenges and develops our pupil's physical skills, collaborative skills, and problem solving skills. Our lessons provide opportunities for individual skill development, teamwork and co-operation skills, as well as competitive activities. We provide opportunities for all children to engage with high quality sporting opportunities. Our aim is for the children to leave our school with a good understanding and a positive attitude towards a healthy lifestyle.

“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to the youth in a language they can understand. Sport can create hope where once there was only despair-” Nelson Mandela



## Sequencing Content

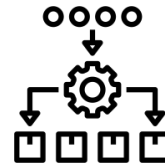
The PE curriculum aims to develop a variety of PE skills. We aim to develop;

- \*Competence in a broad range of physical activities
- \*Physically fitness
- \*Knowledge and understanding of how to live a healthy and active lifestyle



## Big Ideas

- \*Games
- \*Gymnastics
- \*Dance
- \*Athletics
- \*Pilates
- \*Swimming
- \*Outdoor and Adventurous Activities
- \*Wellbeing



## Deepening Concepts

- \*Key questions are asked throughout the unit and at the end of the unit to assess children's knowledge of the subject
- \* The 3 Golden Threads:
  - 1) Be active! (teaching a lifelong love of being physical active)
  - 2) Keep trying! (teaching and developing resilience)
  - 3) Keep fit! (developing wellbeing and confidence)



## Retrieval Practice

- \*Every lesson builds on skills learnt from the previous lesson/s.
- \*Ever lesson builds on knowledge learnt from the previous lesson /s
- \*Warm up and cool downs are carried out at the beginning and end of every lesson.
- \*Sports specific vocabulary is displayed, defined and discussed at the beginning and throughout the lesson.