

The Orchard Primary School

PE INTENT

The Orchard Child is..

Confident and Mature	Positive	Articulate	Independent	Co-operative
Enthusiastic	Responsible	Respectful	Healthy	Resilient

Intent

PE at The Orchard Primary School has a definite purpose, long-term goals and is developmentally appropriate; it makes a difference that should last well beyond primary school years. PE enable pupils to become physically literate so that they have the key skills (agility, balance, co-ordination) that will help them develop a life-long passion for physical activity and an understanding of the importance of leading a healthy, active lifestyle.

The ability to perform fundamental and sports related motor skills, is an important prerequisite for adopting a physically active way of life. Our goal at The Orchard Primary School is to allow children to express themselves physically. As well as teaching all children to value physical activity, we foster enjoyment, enthusiasm and the satisfaction that comes from successful and enjoyable participation in sports and physical activity. PE at The Orchard Primary School allows pupils to understand what physical activity looks and feels like and how, with practice, they can improve their skills set to reach high quality outcomes.

Children in the Nursery children will learn basic fundamental movement skills and this will continue when pupils are in are in Reception, Year 1 and 2, where they will also be introduced to games, dance, gymnastics and athletics activities. They will engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Year 3 and 4 pupils will begin to experience a range of gymnastics, dance, invasion games activities and striking and fielding activities. They will be able to demonstrate basic movements and begin to link skills together to work towards an intended outcome. They will start to understand the requirements of working within different group dynamics. Children in Year 3 will also take part in swimming lessons so that they work towards demonstrating a range of strokes, swim distances and performing safe self-rescue.

By the time pupils reach Years 5 and 6 they will have a deep and varied PE experience. They will be able to call upon an extensive range of skills and link these together to perform more complex movements and tasks. They will have the confidence to work well within a variety of group dynamics and apply tactical and strategic thinking in a range of contexts under pressure. Pupils will be able evaluate their own performance and that of others.

