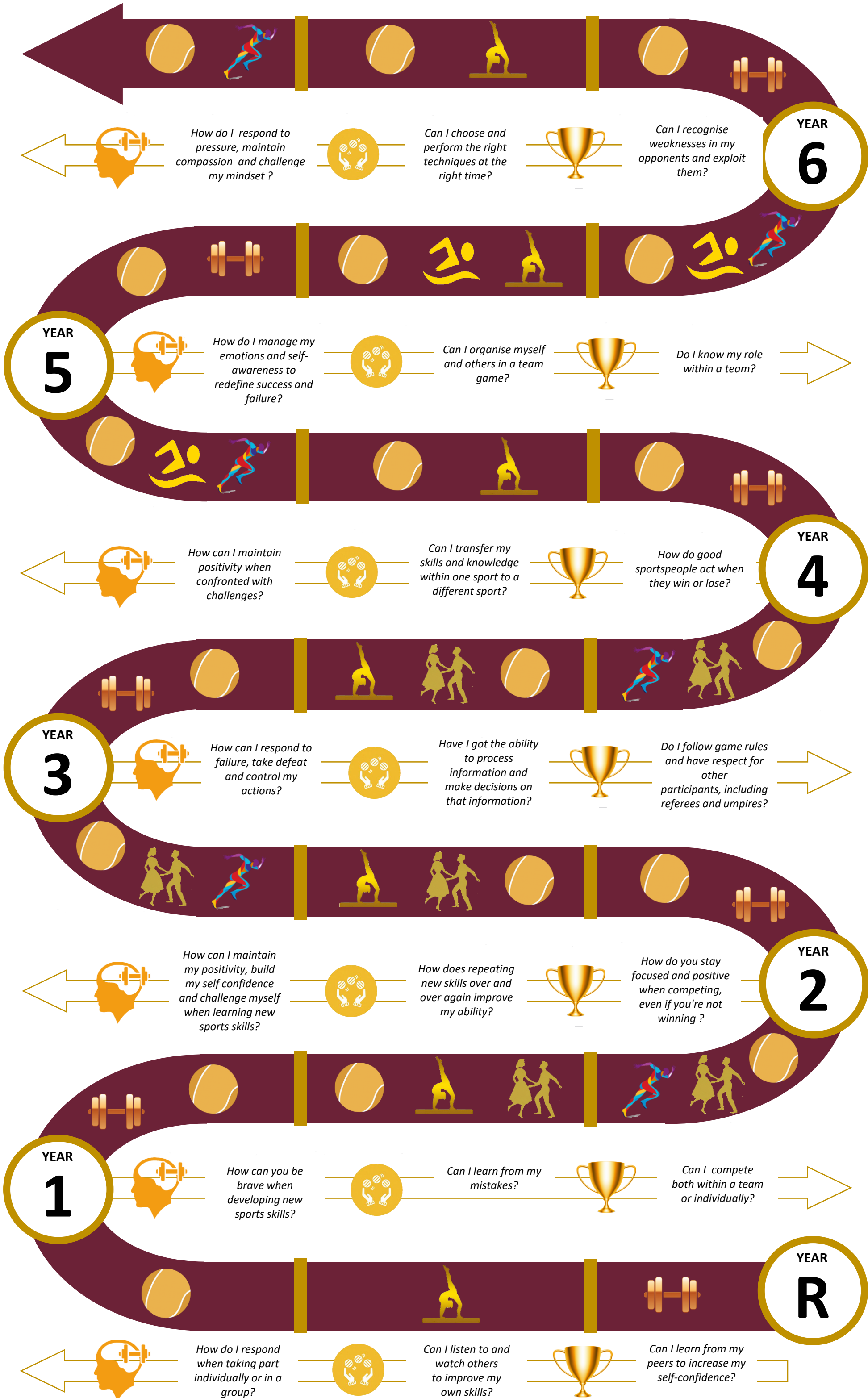




# Physical Education: we aim to .....

“Intelligence and skill can only function at the peak of capacity when the body is healthy and strong.”

— JFK



## Physical Education Core Concepts



**Games**  
Develop skills of striking, fielding, invasion and tactics suitable for attacking and defending



**Gymnastics**  
Master basic movements, including balances, climbing, rolling and sequencing



**Dance**  
Use an increasing range of movement patterns, compare and improve performances



**Athletics**  
Run, jump and throw in isolation, develop flexibility strength, technique, co-ordination and control



**Swimming**  
Use a range of strokes to swim confidently and competently, demonstrate the ability to stay safe and help others in distress



**Fitness**  
Understand the importance of being physically fit, know and experience ways to ensure this

Taught through the age appropriate expectations of the National Curriculum

## Wider Concepts



**Resilience**  
Understand that not everything is easy, find ways to meet challenges, stay positive and succeed.



**Skill**  
Develop, refine and improve skills so that you can do them well.



**Competition**  
Experience competing in a team, know how to be a good winner or loser.

## Events and opportunities

**EYFS**  
✓ Sports Day

**KS1**  
✓ Sports Day  
✓ Bassetlaw School Games Events  
✓ KS1 Extra-Curricular Clubs  
✓ Intra-School Games

**KS2**  
✓ Sports Day  
✓ Bassetlaw School Games Events  
✓ KS2 Extra-Curricular Clubs  
✓ Intra-School Games

## Coverage of sports

- ✓ Football
- ✓ Tag Rugby
- ✓ Fitness
- ✓ Basketball
- ✓ Netball
- ✓ Hockey
- ✓ Gymnastics
- ✓ Swimming
- ✓ Cricket
- ✓ Tennis
- ✓ Dance
- ✓ Athletics
- ✓ Rounders
- ✓ Pop Lacrosse