

Curriculum Implementation

Physical Education

"Just play. Have fun. Enjoy the game." – Michael Jordan

<p>Why should children learn this subject?</p>	<p>Physical Education develops children’s competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school.</p> <p>A high-quality PE curriculum enables all children to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, they analyse the situation and make decisions. The benefits of Physical Education go beyond the academic however, enabling children to develop skills of communication, team-work, resilience and concentration. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles.</p>
<p>What will children learn to do in this subject?</p>	<p>At Brackenwood Junior School, children will:</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities. • Participate in physically activity for sustained periods of time. • Engage in competitive sports and activities. • Lead healthy, active lives. • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games and apply basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
<p>How will we inspire them?</p>	<ul style="list-style-type: none"> • Setting ambitious goals for individuals, groups and classes. • Providing opportunity to participate in competitive sports. • Encouraging a healthy and active lifestyle. • Nurturing sportsmanship in all aspects of competition. • Widening each child’s sporting experience and enjoyment. • Creating a passion for active recreation and sport. • Assisting the children in reaching their physical potential.
<p>Local and Cultural Links</p>	<ul style="list-style-type: none"> • Inter-school competitions: • Lunchtime and After School clubs. • Swimming Lessons in the Oval. • St Johns Wirral Hospice charity run.

