



A PE Master...

Mastery characteristics		This means
Mindset	Physical education has impact and long term benefits on mental and physical well-being.	Children show perseverance to develop new skills whilst transferring and using previous techniques. Children come into class ready to learn after PE sessions
Be knowledgeable	Understanding the benefits of health and exercise on the body and how these impact their life in the future.	Children can comment on the importance on living a healthy and active lifestyle and describe the effect that this will have on them in the future. Children show enthusiasm to participate with regular physical activity during PE sessions, extra-curricular opportunities and outside of school
Communicate	Giving children the opportunity to share their PE skills through various forms: individual, group & class tasks; performances to parents/other pupils; use of multi-media to record, etc.	Children can share/perform/apply their skills in performance and game scenarios. They are able to critically evaluate their successes and make suggestions for improvements and begin to implement these in order to improve their performance.
Be creative	Allow children to explore sports, activities, movements, etc. in a way that suits them as an individual. Expose children to a broad range of sports and encourage them to take part in extra-curricular activities.	Children will participate with enthusiasm across all areas of the PE curriculum and show in an interest in extra-curricular opportunities where possible to do so. They show an active role in intra-school sports and try a wide variety of sporting activities.
Be skillful	Physical activity will encourage children to develop skills that they can transfer to other activities both in and of school. It will help build confidence and enjoyment of being active.	Children will apply skills taught in PE sessions to active free time (break times, lunchtimes, etc.). From year to year they will build on skills taught previously in order to develop their techniques in sporting areas.
Be curious and connect ideas	Encourage children to try new things and develop transferable skills. Children can set personal challenges as well as working alongside and competitively with their peers.	Children will challenge themselves in every session to reach a new goal; this could be learning a new skill, developing a new one or improving their technique. Children will work well alongside their peers and demonstrate teamwork and passion in the sporting activities being carried out.

How my subject areas contributes to the development of writing across the school:

- Physical education will have a positive impact on the child's mental and physical health and well-being. This will enable them to be refreshed and ready to learn as a writer.
- Living an active and healthy life will encourage the children to be well rested and ready to learn. This will help them to focus in class and on writing tasks.
- Physical education will allow children to develop self-confidence, resilience and perseverance which will support them through their development as a writer.
- Physical activity will provide children with varied experiences and create a stimulus for their writing.

E.g. -They could write instructions for a particular sport or skills

-They could write a newspaper report about a sporting event that they have participated in