






Physical Education (PE) Subject Concepts:

Connecting to the 'bigger picture' through our key concepts

	<h3>Movement</h3>	<p>By the time children finish Year 6, they will be able to demonstrate a wide range of physical movements with control, balance and coordination including swimming. They will develop agility, balance, and speed in various activities, such as running, jumping, throwing, and catching. They will also understand the importance of warm-up and cool-down exercises to prepare their bodies for physical activity and prevent injury.</p>
	<h3>Performance</h3>	<p>By the time children finish Year 6, they will be able to perform a variety of sports and physical activities, applying their skills in both individual and team settings. They will show the ability to adapt their techniques to different sports, demonstrating improved stamina, strength, and accuracy. They will be able to swim 25 metres competently and confidently. They will also understand how to focus on both their own performance and their teammates, contributing positively to group goals.</p>
	<h3>Creativity</h3>	<p>By the time children finish Year 6, they will be able to express themselves through movement, using their bodies to explore different forms of dance, gymnastics, and games. They will design and perform their own routines, incorporating elements such as rhythm, shape, and space. They will also demonstrate creativity in problem-solving during games and activities, adjusting strategies based on changing situations. In outdoor and adventurous activities, the children will be able to complete challenges individually and within a team using a range of problem solving strategies.</p>
	<h3>Physical Literacy</h3>	<p>By the time children finish Year 6, they will be able to develop physical literacy by improving their understanding of how their bodies move and the importance of physical fitness. They will build strength, flexibility, technique, and coordination through a variety of sports and activities. Children will also learn how to set and achieve personal bests, understanding the role of exercise and healthy eating in maintaining a healthy lifestyle.</p>
	<h3>Evaluation & Analysis</h3>	<p>By the time children finish Year 6, they will be able to evaluate and analyse their own performance and the performance of others, identifying strengths and areas for improvement. They will understand how to use feedback constructively and apply it to enhance their skills. They will also analyse different strategies in team sports and individual performances, considering how tactics and teamwork contribute to success.</p>