

## **Physical Education Learning Intentions**

### **PE (Physical Education)**

#### **Reception**

- To understand warmups and cool downs.
- Encourage participation.
- To develop good movement, throwing and catching skills.
- To meet the needs of individual children within structured PE lessons to ensure engagement.
- Use running, jumping, throwing and catching in isolation and in combination games.
- To develop skipping skills.
- Develop small dance moves within a group.
- Progression of game play in small sided games.
- Ensure fun is part of all activities for full participation.

#### **Year 1 and 2**

- To understand muscle importance, raising the heart rate and healthy activity.
- To master basic movements including running, jumping, throwing and catching.
- To develop a good standard of balance, agility and co-ordination and begin to apply these in a range of activities.
- Participate in small controlled invasion games to develop simple tactics for attacking and defending.
- To ensure progression.
- To perform simple dance moves using patterns, memory and a good transition of dance moves.

#### **KS2**

- To fully understand muscle memory, warmups and cool downs.
- To ensure full participation to all lessons.
- To meet the needs of individual children in PE.
- To encourage discussions around healthy living, raising the heart rate and keeping active.
- To work on the core skills needed for Sport Specifics.
- Develop strength, flexibility, control and balance through PE skills.
- Encourage working from both sides of the body for all sports.
- To participate in level 1, 2 and 3 County competitions.
- Apply basic principles suitable for attacking and defending skills.
- To compete in invasion games.
- Encourage player lead decisions.
- To ensure teaching is based around competitions.
- To compete in Netball, football, hockey, rugby, rounders, cross country, cricket, tennis and golf throughout the academic year.
- To encourage question and answering throughout all lessons.