



PHYSICAL EDUCATION

Why is Physical Education Important?

Physical education is an important part of school life. It develops an understanding and awareness of the importance of physical and mental health and well-being. A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Our Aims

The Outwood Primary Curriculum aims to provide a varied and engaging approach to physical education, demonstrating the variety of skills needed to be successful sports people, competitors and sports leaders. Various elements of our learning model are exemplified through the physical education curriculum, and pupils will have numerous opportunities to explore and develop these. Our physical education curriculum aims to:

- Foster positive attitudes towards physical-demanding activities and encourage an enjoyment of sports and competition
- Promote healthy physical development through the development and acquisition of specific sporting skills
- Encourage and develop team working skills, co-operation, confidence and sportsmanship
- Promote an awareness of physical and mental health and well-being
- Explore a plethora of sports and activities, such as dance, team and field sports, gymnastics and swimming
- To inspire all pupils to succeed and excel in sport and physically-demanding activities.

The national curriculum programme of study aims to ensure all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Careers

- Sports coach
- Sports scientist
- Physiotherapist
- Sports analyst
- Sports psychologist
- Teacher
- Sports journalist

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Term	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Respectful Creative	Respectful Creative	Investigative Cooperate	Investigative Cooperate	Investigative Cooperate	Investigative Cooperate
Autumn 2	Investigative Respectful	Investigative Respectful	Investigative Cooperate	Investigative Cooperate	Investigative Cooperate	Investigative Cooperate
Spring 1	Investigative Respectful	Investigative Respectful	Creative Independent	Creative Independent	Creative Independent	Creative Independent
Spring 2	Respectful Creative	Respectful Creative	Investigative Communicate	Investigative Communicate	Confident Communicate	Investigative Communicate
Summer 1	Investigative Respectful	Investigative Respectful	Creative Organise	Creative Organise	Creative Organise	Creative Organise
Summer 2	Resilience Resilience	Resilience Resilience	Resilience Resilience	Resilience Resilience	Resilience Communicate	Resilience Communicate

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