



Physical Education at LFA

Why do we do it?

PE is a breakaway from the classroom environment and gives students a chance to learn whilst on the move. It provides us with an opportunity to improve our students' health and well-being, as well as developing friendships and competing in various sports.

Our PE Aims...

- Understand you can learn new things whilst working physically.
- Enjoy being active and develop a passion for sport.
- Learn about different sports.
- Understand why keeping fit and healthy will have a positive impact on our lives.
- Encourage our students to play as much sport as possible outside of school.
- Developing the confidence to try something new with a positive attitude.

New to this year...

- We will be introducing **house teams**. This will consist of various sporting competitions within the school.
- **LFA Clubs!** From September, we will be running new and exciting clubs for all year groups.

EYFS

With our reception classes, we will look at the fundamentals of movement and incorporate them into a relaxed learning environment.

- Development of our basic motor skills.
- It is essential for our Reception students to understand the ABC's of PE. These are **agility, balance** and **co-ordination!**





Key stage 1

Following on from our PE ABC's, in Key Stage 1 we want our students to become increasingly competent and confident at working and learning physically whilst by themselves and with others. They should be able to understand the importance of team work and fair play and that not winning isn't the end of the world!

- Improve on basic movements by including running, jumping, throwing and catching, as well as developing our agility, balance and co-ordination, and begin to apply these in a range of activities.
- Understand the importance of playing games with rules and why we have rules.
- Participating in team games, developing simple tactics for attacking and defending.
- Understanding team work and the value of yourself within a team.

Key stage 2

We encourage our KS2 pupils will begin to use the skills they have learnt in various sports. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- Learning through the play of different sports. Learning skills within the sports individually and as a team to compete.
- Understanding rules and how they differ in each sport.
- Developing on our strength, technique and control (for example, through athletics and gymnastics)
- Participate in outdoor and adventurous activity challenges both individually and within a team
- The ability to self-assess as well as helping others within their working groups.
- To demonstrate improvement to achieve their personal best

