

# Our Vision for P.E at Brixworth Primary School

At Brixworth Primary School, we envisage that every child who leaves our school will have the competence to excel in a broad range of physical activities. They will be physically active and engage in competitive sports and activities, leading a healthy and active life. Our learners will develop this knowledge, understanding and skills through our P.E Key Concepts:

- **Movement** - This concept involves learning a range of physical movements and sporting techniques to enable participation in a variety of physical activities. This includes learners developing balance, flexibility, agility, technique, control and co-ordination. It allows our children to practise their learning behaviour of being resilient when learning a new skill and encourages spiritual development with learners being proud and confident about who they are.
- **Team Games** - This concept involves developing a range of physical movements and sporting techniques to enable learners to compete at different levels in a variety of sports. It draws upon the skills and knowledge of the learner in different aspects of physical education, which contribute to a team situation when entering competitions. It brings an appreciation of the need to be collaborative learners who can work together.
- **Dance** - This concept involves performing dances using movement patterns and comparing and evaluating performances to demonstrate improvement. This links to being a lifelong learner as the children will need to be resilient and reflective through their evaluations and improvements. It encourages spiritual awareness through developing an awe and wonder about life and encouraging an expression of creativity through dance.
- **Healthy Lifestyle** - This concept involves understanding how physical movement and engaging in a variety of different sports can enable learners to lead a healthy lifestyle. It draws on learners' knowledge and understanding of what constitutes a healthy lifestyle. It shows learners links with global citizenship and understanding of the part they play in the future on the environment.