

Our Vision for PE



At Holy Family, we want our children to develop a competency to excel in physical activity. Our curriculum topics throughout school will give the children the skills they need to compete in competitive sport and activities. Children should understand that the physical element of sport is only the basics and that to succeed in sport, an individual must also be able to socialise, regulate their emotions and think critically. Most importantly, children should understand how to lead a healthy and active lifestyle.

A physically literate child at Holy Family should be able to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games (modified where appropriate) and apply basic principles suitable for attacking and defending.
- Demonstrate flexibility, strength, technique, control and balance within a physical activity for example, through athletics or gymnastics.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Regarding water and swimming safety:
 - Swim competently, confidently and proficiently over a distance of at least 25 metres.
 - Use a range of strokes effectively for example, front crawl, backstroke and breaststroke.
 - Perform safe self-rescue in different water-based situations.

A child who succeeds in the wider aspects of PE should be able to:

- Work individually and as a team to compete competitively.
- Show a growth mindset and adapt well to setbacks as well as being humble in victory.
- Abide by, create and adapt rules and tactics.
- Offer positive feedback or constructive criticism to support teammates.
- Communicate effectively.
- Always show respect for everyone.