

## PE at South Bersted

**The PE curriculum has been designed with the ultimate goal to ensure that pupils leave South Bersted physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.**

# PE AT SOUTH BERSTED

## How is PE taught at South Bersted?

In PE, all lessons are linked to core skills and focus on a specific sport. During the year, pupils will learn the skills needed to play a striking and fielding, an invasion game and a racket sport. During their time at South Bersted, pupils will build on their prior knowledge and develop their core skills to enable them to participate in a range of sports.

At South Bersted, we believe in healthy competition therefore at the end of each sports unit, pupils are provided with the opportunity to compete against each other in a cross house intra school event.

Each year, pupils will develop their flexibility, movement, strength and control through gymnastics and dance. In performing their routines and in line with our growth mindset approach, comparing and evaluating their performances is a key part of our curriculum.

Living by the coast, it is important that pupils are able to swim confidently and proficiently over a distance of 25m. Therefore pupils in Years 3 and 5 spend a term developing these key skills.

To ensure all pupils are exposed to a range of sports, each year through our Sports Partnership, pupils get to experience a range of sports including Tri Golf and Ultimate frisbee.

## Why is PE important at South Bersted?

PE is important because all pupils should have the opportunity to live healthy and active lives. A positive experience of sport and physical activity at a young age can build a lifetime habit of participation and encourage a healthy lifestyle.

At South Bersted we promote the benefits for children and young people's physical health, as well as their mental well-being and children who are physically active are happier, and more resilient .



## Promoting Healthy Lifestyles.

At South Bersted we believe in promoting healthy lifestyles and providing an environment that promotes healthy eating and regular physical activity. Being healthy is essential for pupil's physical and mental health and as a school we provide each pupil with 30 active minutes a day. We ensure all pupils have access to active lunchtimes by providing a range of activities, all pupils are encouraged to take part in the 'Daily Mile', the provision of two PE lessons a week and by providing in class active 'brain breaks'. We also provide pupils with opportunities to be active with other local schools by taking part in inter events where they get the opportunity to take part in competitive sport or by trying something new. We believe these opportunities encourage children to be active and grow their love for sport.

We aim for all children to be happy, healthy and for them to have the life skills to live a healthy life and our implementation of this helps us achieve it for all pupils.

## What will children learn in PE?

### At South Bersted, by the end of EYFS pupils will:

Show good control and co-ordination in large and small movements,  
Move confidently in a range of ways, safely negotiating space.  
Know the importance of good health, physical exercise and a healthy diet,  
Children can talk about the different ways of staying healthy and safe.

### At South Bersted, by the end of Year 2 pupils will:

master basic movements including running, jumping, throwing and catching,  
developing their balance, agility and co-ordination, and begin to apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending  
perform dances using simple movement patterns.

### At South Bersted, by the end of Year 6 pupils will:

use running, jumping, throwing and catching in isolation and in combination  
play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending,  
develop flexibility, strength, technique, control and balance,  
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.