



St Dennis Primary Academy – Physical Education



“A healthy active lifestyle not only changes your body, it changes your mind, your attitude and your mood for the better.” – Gurudev Sri Sri Ravi Shankar

Energetic and inspiring REAL PE lessons include teamwork, self-reflection, aspirations to improve performance, rules, sportsmanship and etiquette along with an appreciation of sports from all around the world. Through dance and gymnastics pupils are encouraged to be creative and respectful by expressing feelings and emotions in their dance and gymnastic performances. In games and outdoor adventurous activities, pupils are encouraged and inspired to design and create their own small team games and tasks. Pupils empathise with others and show support in challenging activities, remaining positive and rallying others to succeed.

Problem solving skills and teamwork are fundamental to PE through creative thinking, discussion, performance of, and the explanation and presentation of ideas. All pupils of all abilities are encouraged to develop their reasoning and decision-making skills, communicating with others and explaining concepts with each other. Through Clay and County competitive fixtures and competitions, pupils are encouraged to work with, socialise and lead a variety of other children from different year groups. Dance, games, gymnastics, athletics, swimming and outdoor and adventurous activities all allow pupils to develop the necessary skills to work in teams or pairs as the majority of activities are based around team games or creating sequences in groups. In PE lessons, extra-curricular clubs, competitive fixtures and as playground leaders, children are given the opportunity to develop communication, leadership and mediation skills in such roles as leaders, coaches, captains, umpires or referees.



PE teaches children about codes of conduct, rules, etiquette and fair play through unwritten rules. Throughout various games, pupils are encouraged to make choices regarding rules, sportsmanship and decisions including teams, tactics and positions. Competitive games and playground leader training provide our team players and Year 5/6 students with leadership opportunities. They develop the ability to know the difference between right and wrong through fair play in lessons, events and participating in other competitive situations. PE lessons encourage children to be understanding of the ability of others and the need to be supportive rather than critical when playing as part of a team. Children are encouraged to show integrity and commitment when taking part, supporting their fellow team mates and class mates.

Through participation in local and county sporting festivals and competitions, children are exposed to a wider range of backgrounds that may differ from that of their own, helping them to develop their understanding and tolerance of different groups. Actively supporting charitable events, such as Cancer Research's Race for Life and Sport Relief, children become more aware of the wider world they live in. Some of the ways in which we learn about cultural learning in PE lessons and as a whole school topic include: learning about the developments of sports in different countries, learning where different sports originate from, exploring and respecting a variety of different cultural dances.