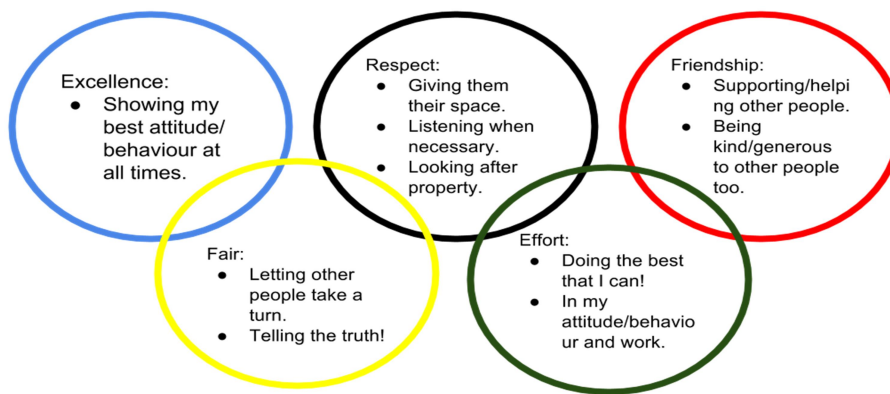


## Introduction to Physical Education in KS1 and KS2

At Downview Primary School we believe that the Physical Education has a vital role to play in the physical, social, emotional and intellectual development of our children. Our aim is to ensure all children achieve their full potential. Embedded in our PE we focus on the Olympic Values- excellence, respect, friendship, fair and effort. Together, these give the drive to participate, compete and excel in sport which is encouraged throughout the school. This in turn, helps to mould pupil's character. By positive participation in P.E it will enable the children to build self-esteem, teamwork and promote a positive attitude towards their own bodies and a healthy lifestyle.



### **Aims**

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### **Attainment targets**

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.