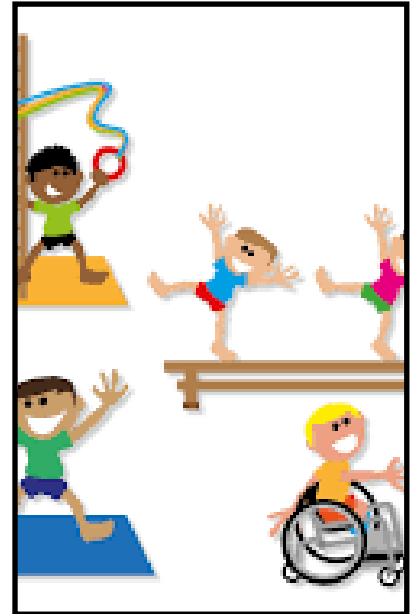




# What is Physical Education?

## Physical Education is .....

Physical education is a subject that aims to provide children and young people with learning experiences that enables them to develop the knowledge, motivation and ability to lead a physically active life. It involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as cooperating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance.



Someone who studies Physical Education and plays sport competitively is called a sports person or an athlete.



## I will be learning these skills in Physical Education:

### KS1

- Running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Simple tactics for attacking and defending in team games.
- Simple movement patterns to perform dances.

### KS2

- Communication and collaboration when competing with each other.
- Develop an understanding of how to improve in different physical activities and sports
- Learn how to evaluate and recognise personal success.