



# Physical Education at St Nicholas CE First School



## How do we teach, support and develop healthy participation?



Children learn about the short and long-term benefits of participation in physical activity.



Children learn that warming up will be different for specific activities – e.g. a warmup for dance and tennis are different, as they have different purposes.



Children explore the factors that impact participation (e.g. where children live, the weather etc.)



Children's views of health are widened, and where necessary is challenged (e.g. 'being good at sport', or 'being skinny')



Children will know how to participate to improve success and relate this to the activity or sport being taught (e.g. breathing rates when exercising)



Connections are made across the curriculum and beyond around participation in sports (e.g. sporting clubs and opportunities beyond the realms of St Nicholas)



# Progression in Healthy Participation



| Reception                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Year 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Year 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Year 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Year 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <ul style="list-style-type: none"><li>• Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge</li><li>• Manage their own basic hygiene and personal needs, including dressing, and going to the toilet.</li><li>• Understanding the importance of healthy food choices</li><li>• Form positive attachments to adults and friendships with peers</li><li>• Show sensitivity to their own and to others' needs</li></ul> | <ul style="list-style-type: none"><li>• Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge</li><li>• Understand the importance of healthy food choices and hydration</li><li>• Understand why appropriate clothing and footwear for PE is necessary</li><li>• Develop and perform a simple sequence with confidence</li><li>• Explore how jumping and running affects our bodies</li><li>• Be able to make safe decisions in PE, such as for example, on and around apparatus</li></ul> | <ul style="list-style-type: none"><li>• Understand the benefits of exercise</li><li>• Understand the importance of a warmup and recognise how games make their body work</li><li>• Show respect to others when they perform persevere when a challenge is hard</li><li>• Know the key rules of the game and begin to use them honestly</li><li>• Compete against themselves and others in a controlled manner</li><li>• Demonstrate improvements to achieve their personal best</li><li>• Understand how to work safely when learning a new skill</li></ul> | <ul style="list-style-type: none"><li>• Understand the importance of activity to their fitness, health and well-being.</li><li>• Understand there are different areas of fitness and that each area challenges their body differently.</li><li>• Understand how strength, stamina and speed can be improved by playing games</li><li>• Understand why it is important to warm up.</li><li>• Confidently communicate ideas and listen to others</li><li>• Work positively towards a team goal</li><li>• Compete against themselves and others in a controlled manner and demonstrate improvements to achieve their personal best</li><li>• Show determination to continue working over a period of time</li><li>• Perform safe self-rescue in different water-based situations</li><li>• Understand how to work safely when learning a new skill</li></ul> | <ul style="list-style-type: none"><li>• Explain the impact of dance (extending to other activities) on their fitness, health and well-being.</li><li>• Plan and lead warmups to prepare for playing safely</li><li>• Demonstrate good control and confidence perform a wide range of skills and actions under pressure</li><li>• Build communication and trust showing an awareness of safety</li><li>• Develop trust in others, listen to others and follow instructions assess risks and make appropriate choices linked to personal safety and of your peers</li><li>• Plan the safe use of space and equipment for a group</li></ul> |