



Woodlands Park Primary and Nursery School

Characteristics of a Sports Star



Curriculum Intent:

At Woodlands Park we value Physical Education. We follow the REAL PE curriculum which develops the children's skills across a variety of areas in preparation for a whole range of team games and individual pursuits. We aim to inspire all our children to become physically confident and enjoy a healthy lifestyle, making healthy choices.

Characteristics of our PE Curriculum:

- Acquire new knowledge and skills to develop health and fitness
- Achieve high levels of physical fitness and be physically active for sustained periods of time
- Develop competence to excel in a broad range of physical activities
- Develop a personal sense of well-being through regular exercise and healthy eating
- Use their creative and cognitive skills to organise, direct and develop games and activities
- Engage in competitive sporting activities, competing against others and themselves
- Competently swim at least 25 metres by the end of year six and perform safe self-rescue in different water based activities
- Take part in some outdoor and adventurous activities throughout their time in key stage two

Learning Opportunities in EYFS	Learning Opportunities in Key Stage One	Learning Opportunities in Key Stage Two
<ul style="list-style-type: none"> • Refine their fundamental movement skills, developing their body strength, co-ordination, balance, agility and fluency along with the ability to combine different movements effectively • Recognise and understand the importance of exercise, healthy eating, sleep and personal hygiene in relation to their bodies, managing their own needs • Develop an understanding and importance of keeping oneself safe 	<ul style="list-style-type: none"> • Participate in team games, developing simple tactics for attacking and defending • Perform dances using simple movement patterns • Swimming and water safety 	<ul style="list-style-type: none"> • Participate in team games, modified where appropriate, such as football, netball, rounders, cricket, hockey, tag-rugby • Learn a range of different skills which can be applied across a range of team sports • Perform dances • Take part in gymnastics activities • Take part in outdoor and adventurous activities • Swimming and water safety