

PE Core Concepts

Based on the Youth Sports Trust ME and the NHS 5 ways to wellbeing.

These outcomes also relate to high quality playtime, physical activity, cross curricula, active learning, sports and competitions, enrichment and camp.

Physical Learning
Be Physically Active

- Enable pupils to experience challenge, set goals and achieve them through progressions across a variety of new and transferable skills. This will develop pupils' sense of purpose, boost their self-confidence and raise self-esteem.

Curriculum aims to develop:

- Safety awareness
- Fundamentals of movement
- Fundamentals of skill
- Movement sequence
- Task application/progression, mastery and transferability.

Social Learning
Connect with others

- Plan frequent opportunities where pupils will have to work with others, take the lead and consider those in their group. This will build pupils' sense of belonging and self-worth and gives the opportunity to share positive experiences, support others and develop positive feelings of self-worth.



Values to develop (root values)

- Gratitude
- Empathy
- Fairness

Support pupils personal growth (Core Strengths)

- Trust
- Respect

Enable pupils to act independently (Performance Skills)

- Encouragement
- Communication
- Cooperation.

Health
Emotional learning

- Help pupils become healthy, happy and confident.

Values to develop (root values)

- Self-Belief
- Honesty
- Courage

Support pupils personal growth (Core Strengths)

- Resilience
- Integrity

Enable pupils to act independently (Performance Skills)

	<ul style="list-style-type: none"> - Self-motivation - Self-discipline - Responsibility <p>Do your pupils have self-belief and a desire to want to improve, do they keep going. Are they happy in winning and dignified in losing?</p>
<p>Thinking skills Cognitive Learning</p>	<ul style="list-style-type: none"> ➤ How well do pupils pay attention to the present moment? Are they connecting with their learning, their thoughts and feelings and what is going on around them? <p>Values to develop (root values)</p> <ul style="list-style-type: none"> - Curiosity - Imagination - Concentration <p>Support pupils personal growth (Core Strengths)</p> <ul style="list-style-type: none"> - Resourcefulness - Reflection <p>Enable pupils to act independently (Performance Skills)</p> <ul style="list-style-type: none"> - Evaluation - Problem Solving - Decision-Making