

What makes a good Sports Person at Kingsfield?

To be able to show a positive attitude and develop a love of physical activity, that takes place in clubs and outside of school.



To be able to have the correct clothing and footwear for PE.



To be able to take part in a range of activities as individuals, groups and teams, applying skills, communicating well and choosing tactics effectively.



To be able to take part in regular physical activity for at least 60 minutes per day (inside and outside of school).



To be able to swim at least 25 metres before the end of Year 6 and to be able to be safe around water.



To be able to show an understanding of how to lead a healthy and happy lifestyle through a correct diet and physical activity



INTENT

To broaden opportunities for children to enjoy a range of experiences and promote a healthy lifestyle. This will enable them to achieve personal successes, develop the appropriate skills and confidence to participate in all physical activities.

To be able to use the correct language within PE and to improve the performance of myself and others.



