



Why is PE important?

- Children learn to understand the importance of exercising for a lifetime.
- Regular, physical activity is the best antidote to eliminate obesity and maintain an acceptable body weight. It also provides a positive alternative to watching television or playing on computers or mobile phones.
- Children learn the fundamental motor skills that enable them to develop the competence that creates confidence and leads to safe and successful participation in a wide range of sports.
- PE promotes opportunities for children to be creative, cooperative and competitive and to face up to different challenges both as individuals and in groups.
- A 'good workout' helps ease stress, tension and anxiety and will result in better attention in class.
- Many activities taught in PE require children to work in groups to solve problems or as a team. These opportunities are excellent for developing both leadership and cooperation skills.
- Children learn to develop the notion of fair play, honest competition, good sportsmanship and dealing with both success and defeat.

Physical Education at Oak Hill First School

Every class from Year 1 to Year 4 receives two hours of curriculum PE per week, comprising of both indoor and outdoor sessions.

Within our PE lessons we aim to:

- Follow a sequential, developmental curriculum that progressively builds on past experiences and incorporates new experiences when children are ready.
- Physical education is a moving experience. We aim to find ways to actively engage all children in moderate to vigorous physical activity for the majority of every lesson.
- In addition to being actively engaged, children also need plenty of opportunities to practice the skill or concept being taught that day. Our quality programme will provide many practice opportunities, sometimes alone, sometimes with a partner and sometimes during small sided games in groups.
- We try to promote successful learning experiences in a warm environment in which children are encouraged to practice new skills and improve their fitness levels.
- We aim to make sure all our classes as much fun as possible so that children enjoy and look forward to PE, at first school and when they move on to middle and high schools.