

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)

	- Self-motivation - Self-discipline - Responsibility 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?
Thinking skills Cognitive Learning	➤ 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? Values to develop (root values) - Curiosity - Imagination - Concentration Support pupils personal growth (Core Strengths) - Resourcefulness - Reflection Enable pupils to act independently (Performance Skills) - Evaluation - Problem Solving - Decision-Making