

Statement of Intent for PE/Games at Georgian Gardens

Throughout their time at Georgian Gardens we want children to enjoy regular exercise and learn the true benefits of staying active whilst learning a range of sports and games. We want them to build resilience and perseverance when tackling a new sport. Developing teamwork skills, leadership and confidence will give them skills for life.

Knowledge

- How to keep healthy – body awareness and food
- Types of physical activity
- How to apply their skills across different disciplines
- The science of taking part in exercise

Skills

- Throw, catch, run, hop, skip, roll, climb, balance
- Spatial awareness
- Swimming
- Bat and ball skills
- Creating sequences
- Problem solving
- Tactical awareness
- Designing own games
- Performing
- Having control of your body