

What makes a good sports person?

Take part in all areas of PE. Show positive attitudes to join in every lesson and develop a love for school sports and physical activity taking place in clubs and outside of school.



Be organised and ready for PE by wearing the correct PE Kit and appropriate footwear.



To take part in a range of activities as individuals, groups and team members. Success lies in applying skills, creativity, clear communication and effective tactics.



Be willing and able to take part in at least 60 minutes of regular exercise and physical activity per day, inside and outside of school.



Develop knowledge of PE and use correct language to improve the performance of yourself and others. This leads to showing leadership attributes.



Show an understanding of a healthy lifestyle, making balanced and informed choices in regards to exercise and diet, which leads to a happy and healthy lifestyle.



To demonstrate personal qualities such as friendship, courage, inspiration, determination, equality, and mutual respect. This will enable personal successes, develop appropriate skills and confidence to participate in all physical activities.

By the end of Year 6, swim at least 25 metres and show an understanding of water safety.

