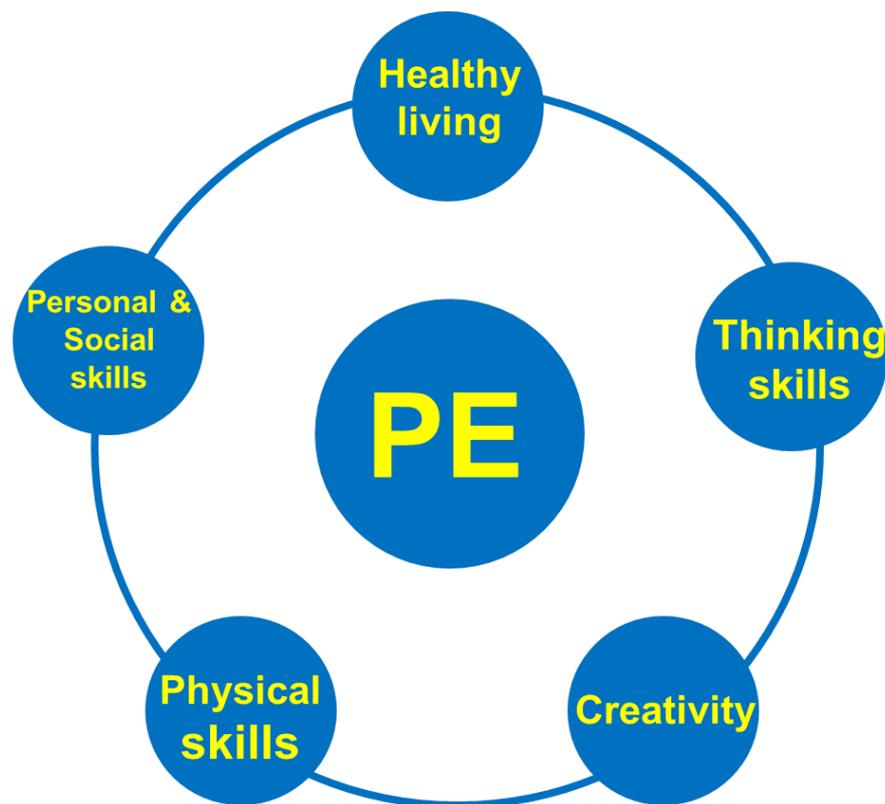




PE AT ROSENDALE

Physically active children are not only healthier but do better academically and in life, and are far more likely to be active as adults. The first ten years of life provide children with a blueprint for their adult lives and are the time when they develop the critical fundamental movement skills that act as foundations and building blocks for future activity.

PE has changed a lot since many of Rosendale's parents were at school, when it was often sport focused with little time given to teaching key skills. It is now widely acknowledged that the role of PE is to provide a child with physical literacy, which can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life (not just while at school). So far from being just about the acquisition of physical skills, PE has the capability to address many other areas of learning including cognitive skills, creative skills, social, personal and emotional skills and healthy living skills. These components of PE are shown in the diagram below.



In the early years and Key Stage 1, the development of Fundamental Movement Skills (FMS) is the prime focus. FMS are the building blocks of an active life and

need to be well developed and practised in order for children to compete in more traditional games and sports. FMS are split into three main areas:

1. **Agility (or locomotion):** walking, running, hopping, jumping, dodging, skipping, galloping, swimming.
2. **Balance (or stability):** turning, twisting, rolling, balancing, stretching, landing [cycling]
3. **Coordination (or object manipulation):** catching, throwing, kicking, hitting, punting, [cycling]

In Key Stage 2 these skills are further developed and applied in more recognised activities such as invasion games, net/wall games and hitting/fielding games. Creative, cognitive and social components can be further explored through dance, gymnastics and outdoor adventurous activities. In Year 3 children also take part in swimming lessons at a local pool with the aim of enabling them to swim at least 25m unaided.

As children transfer from primary to secondary school they should be equipped with all the necessary skills they need to enjoy physical education and sport and lead healthy, active lives beyond.