









- Understand the rules of games and how their bodies work
- Build on prior knowledge to become a more rounded athlete
- Gain confidence in their own abilities and reflect on how they can improve
- Apply what they have been taught and see how each lesson builds on prior learning

<p>Children are physically active for a sustained period of time.</p> 	<p>Children have the opportunity to compete in sports and other activities.</p> 
<p>Children are equipped with the skills and knowledge they need to lead a healthy and active life-style.</p> 	<p>Children are competent and have the skills needed to excel in a range of physical activities.</p> 
<p>Children build confidence and develop their self-esteem.</p> 	<p>Children are encouraged to break down barriers and challenge stereotypes linked to sport.</p> 

Golden Threads

Democracy	Everyone in a team has a voice and can contribute with different opinions, ideas and skills.
Diversity	We learn about how athletes can be impacted by their socio-economic or ethnic background. We also learn about how racism is negatively affecting sport and are educated on how it can be overcome.

PE Lesson Structure

