

## Physical Education



Purpose	Principles	Expectations
<ul style="list-style-type: none"> <li>• Promoting fitness</li> <li>• Encouraging a healthy lifestyle</li> <li>• Promoting wellbeing</li> <li>• Working tactically</li> <li>• Developing team-building skills</li> <li>• Problem-solving</li> <li>• Improving agility, balance and coordination (ABC)</li> <li>• Opportunities for energy-release</li> <li>• Health and safety, risk assessments</li> <li>• Nurturing competitiveness</li> <li>• Learning about sport as part of a culture and community</li> </ul>	<ul style="list-style-type: none"> <li>• Allowing opportunities for excelling</li> <li>• Warm up and cool down exercises</li> <li>• Evaluating – self and peer</li> <li>• Understanding tactics</li> <li>• Understanding how to improve in different skills/areas</li> <li>• Using key vocabulary with increasing confidence</li> <li>• Understanding and following rules</li> <li>• Developing sportsmanship and accepting losses</li> <li>• Respecting team mates</li> <li>• Respecting people's differences</li> <li>• Nurturing and developing competitiveness in a positive way</li> </ul>	<ul style="list-style-type: none"> <li>• Development of skills and vocabulary</li> <li>• Participating in competitions</li> <li>• Spatial and self awareness</li> <li>• Increased physical fitness</li> <li>• Awareness of world sporting events</li> <li>• Development of gross motor skills</li> <li>• Evaluating and improving skills and performances</li> <li>• Tactical reasoning</li> <li>• Collaboration and teamwork</li> <li>• Sportsmanship</li> <li>• Supporting peers</li> </ul>